

2012

Clark County Community Health Assessment

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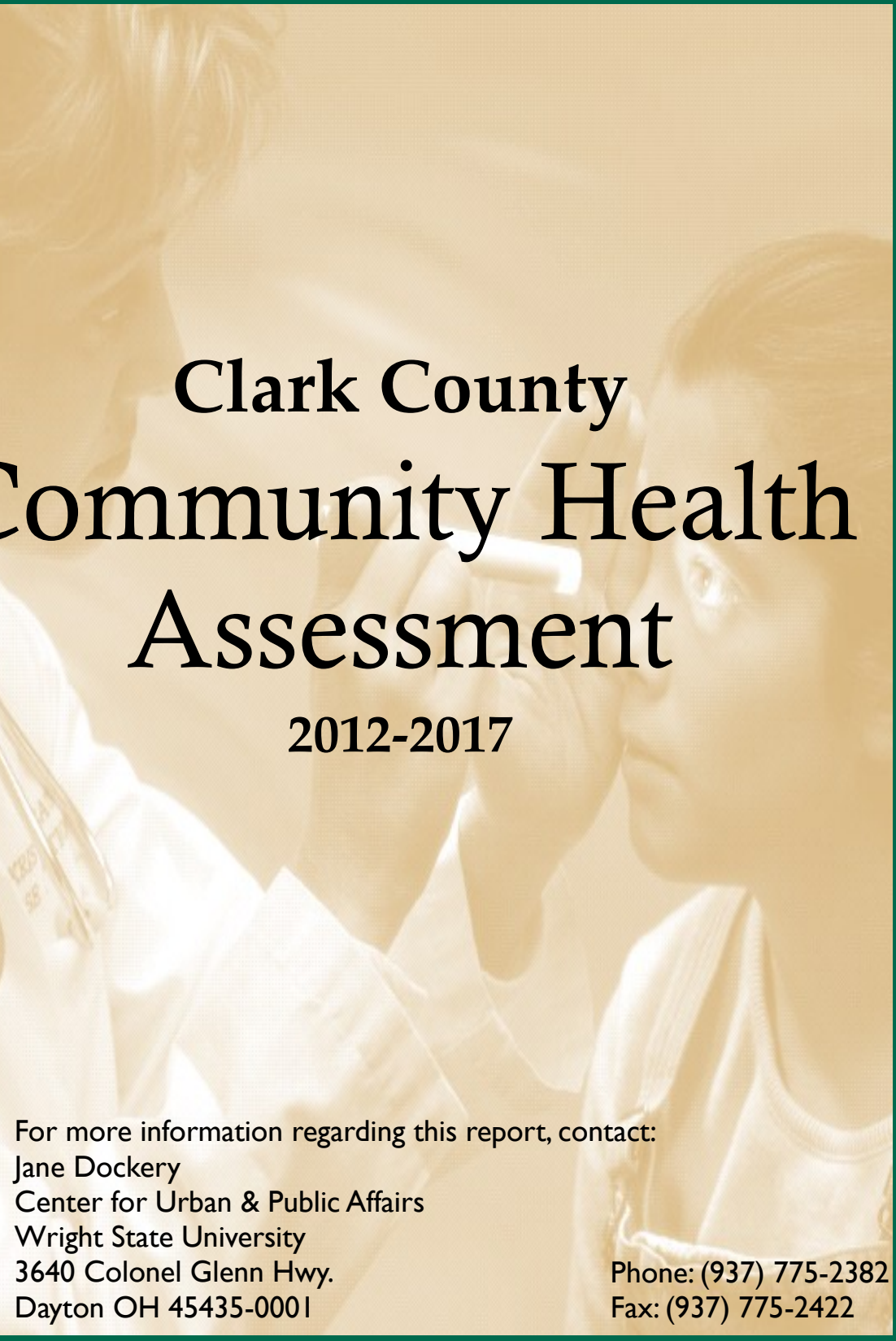


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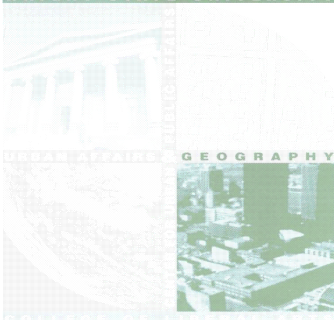
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Clark County Community Health Assessment

2012-2017

WRIGHT STATE UNIVERSITY



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TABLE OF CONTENTS

CHAPTER 1 – INTRODUCTION	3
Objectives	3
Methodology	4
Questionnaire Design	4
Sampling Design	4
Survey Implementation	4
Data Analysis	4
Limitations	5
Sample Demographics	5
CHAPTER 2 – GENERAL HEALTH STATUS.....	8
<i>General Health</i>	<i>8</i>
<i>Mental Health</i>	<i>9</i>
<i>Quality of Life</i>	<i>9</i>
<i>Access to Health Care</i>	<i>10</i>
<i>Health Care Utilization</i>	<i>12</i>
CHAPTER 3- PREVALENCE OF DISEASE	13
<i>Asthma</i>	<i>13</i>
<i>Cardiovascular Diseases</i>	<i>13</i>
High Blood Pressure	13
High Cholesterol	15
Prevention	18
Diabetes	19
CHAPTER 4- LIFESTYLE CHOICES	21
Physical Activity	21
Weight Control	22
Sexual Activity and Awareness	23
Tobacco Use	24
Drug Use	25
Alcohol Consumption	25
Sleep	26
Pregnancy	27
CHAPTER 5- EARLY DETECTION	28
Early Detection for Breast Cancer	28
Early Detection for Cervical Cancer	30
Early Detection for Prostate Cancer	30
Early Detection for Colorectal Cancer	31
Skin Cancer	31
Eye Care	32
Oral Health	32
CHAPTER 6- IMMUNIZATIONS	34

CHAPTER 7- ACCIDENT PREVENTION	35
Seat Belt and Helmet Use	35
Smoke Detectors	35
CHAPTER 8- CHILDREN'S HEALTH.....	36
Immunizations.....	36
Child Safety.....	36
Lifestyle Choices	37
CHAPTER 9- COMMUNITY ISSUES	38
CHAPTER 10 – GENERAL PREPAREDNESS	40
<u>APPENDIX A: CLARK COUNTY SURVEY INSTRUMENT.....</u>	<u>A-I</u>
<u>APPENDIX B: CLARK COUNTY STATE AND NATIONAL COMPARISON DATA.....</u>	<u>B-I</u>
<u>APPENDIX C: SURVEY FREQUENCIES</u>	<u>C-I</u>
<u>APPENDIX D: OPEN-ENDED RESPONSES</u>	<u>D-I</u>

CHAPTER I – INTRODUCTION

The 2012 Clark County Community Health Assessment consists of a telephone survey of 1,053 Clark County adults. The primary purpose of the survey of adults is to evaluate the health status of residents, establish public health priorities, and identify baseline measures for establishing public health program outcomes.

The assessment is based upon questions from the Behavioral Risk Factor Surveillance System (BRFSS) survey conducted annually by the Centers for Disease Control and Prevention (CDC), as well as community health assessments conducted by neighboring communities and priority health needs within the county. The assessment addresses access to and utilization of health care; the prevalence of certain diseases; lifestyle choices; early detection and immunizations; attitudes and behaviors toward health and prevention; and some broader community concerns.

Objectives

The overall goal of the needs assessment is to perform a community health assessment that will lead to improved quality of public and private health services. In addition, the health assessment can be used for a variety of purposes such as the following:

- To assess the distribution of disease and behavioral risk factors.
- To assess broad community health issues and to shape a broader definition of community health.
- To monitor the impact of community health action plans and trends in behavioral risk modifications. The concept behind community health assessments is to repeat them about every five years to determine if actions taken by communities are impacting the behaviors that lead to poor health.
- To provide a vehicle to discuss ways to improve community health. The study can assist stakeholders working collaboratively in the community to address issues that affect health.

Methodology

Questionnaire Design

The assessment is based on a telephone survey of residents living in Clark County. As stated previously, the survey was adapted from the BRFSS, which was developed by the CDC, as well as community health assessments conducted by neighboring counties. To view the survey instrument see Appendix A. The BRFSS is conducted annually by each state to assess health behaviors in the nation. Utilizing questions which are identical in wording to the BRFSS and other health assessments allows for comparison of Clark County responses to other counties, the state, and the nation.

Sampling Design

A sample of random digit dial telephone numbers was selected from Marketing Systems Group, a national company that generates telephone numbers.

Survey Implementation

Interviews were conducted beginning June 9, 2012. Interviewers utilized a Computer Aided Telephone Interviewing (CATI) software program that displays the questionnaire on a computer screen and allows the interviewer to enter the response directly into the computer. Such a system helps to minimize errors in gathering the data. A total of 1,053 individuals were interviewed to obtain a 95 percent confidence level and a ± 3.0 percent sampling error for the county as a whole.

Data Analysis

The data were weighted according to age, race, and gender distribution of the county. The data were weighted to provide more accurate estimates and to adjust the distribution of the sample data to reflect the demographics of the adult population of the county. By weighting the data, the responses of persons in various subgroups are adjusted to compensate for the over-representation or under-representation of these persons in the survey sample.

In most cases, the chi-square test was used to measure statistically significant differences among groups within the survey. In some cases when the mean was used to describe the variable (as opposed to the proportion) the independent sample's t-test was used to measure the statistical difference between data. In the following report, only the statistically significant differences will be reported. If no significant difference exists, differences between subgroups within the survey will not be reported, unless it is used to highlight another point (e.g., there are no differences between sub-groups when researchers might expect that there would be). Often, data that are not statistically significantly different may still have substantive differences.

The data from Clark County were compared to state and national data for key questions. The most recent state and national data were used, depending upon how recently specific questions were asked. In addition, it should be noted that the national estimates represent the median of the states and not the average (or mean) of the states' data.

To measure the statistical differences between the county, state, and nation, two statistical tests were used. Since the actual proportions were available for the state, the chi-square test was also used when comparing the differences between the county-level data and the state data. However, as mentioned above, the median value was the only value available for the national data so a different statistical test, the binomial test, was used to compare the county-level data to the national data. Appendix B at the conclusion of this report profiles differences between Clark County respondents and the state and nation.

In addition, data were analyzed by sub-county geography including three regions: Springfield, Eastern and Western. Regions were labeled A, B and C, respectively. This report will focus on the statistically significant differences among regions.

Limitations

The assessment has several limitations. As with every telephone survey, the primary limitation is that it excludes households that do not have telephones. It is estimated that about ten percent of households nationally do not have telephones, and these households are more likely to be poor. Previous research conducted by Wright State University has found that people without telephones are more likely to have multiple barriers to accessing health care. In an attempt to overcome this limitation, a cell phone sample was attempted but failed to identify county residents. Due to the fact that cell phone numbers are not assigned based on the geographic residence of the customer, cell phone samples used on a small geographic sample (such as a county) are not effective without the presence of a cell phone switch tower.

A second limitation of the study is that it is based on self-reported information and may reflect respondents' likelihood of reporting a particular behavior; however, since this same methodology is utilized for the state and national survey, the same bias applies. For example, Clark County respondents may have been less likely to report that they participated in an activity such as drinking and driving; however, state and national respondents would also be less likely to report that they participated in such an activity. Therefore, the differences between these groups can still be measured.

Sample Demographics

The following presents the demographic profiles of survey respondents. The proportions for age, race, and gender were similar to the actual proportions as indicated in data obtained from the 2010 American Community Survey for Clark County. The data were weighted by age, race and gender to equal the actual proportion.

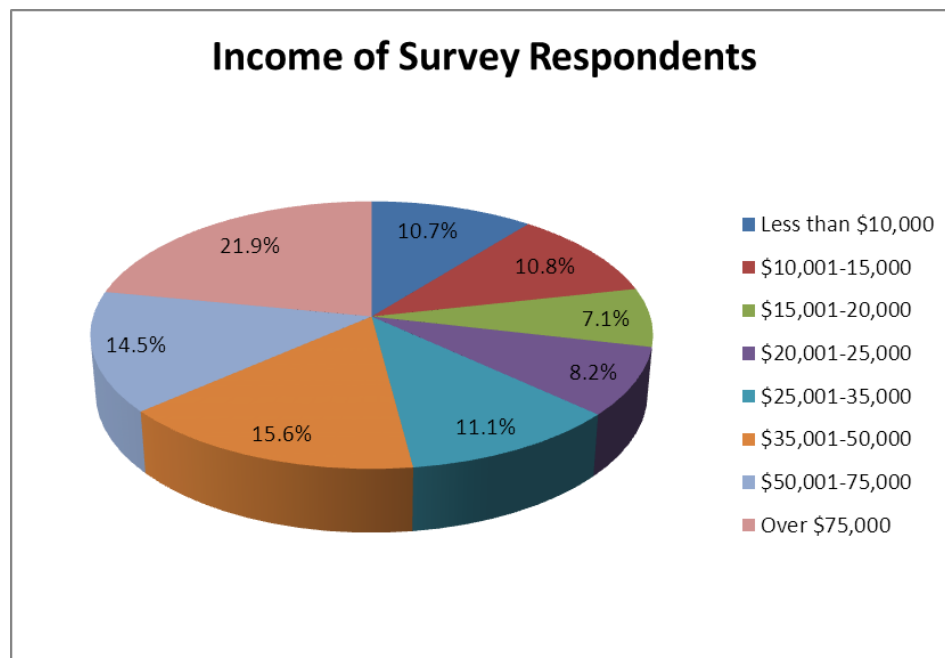
Figure 1.1

Age	Actual Proportion (2010 ACS)	Weighted Sample Proportion
18 to 24 years	11.7%	11.7%
25 to 34 years	14.5%	13.4%
35 to 44 years	16.7%	15.8%
45 to 54 years	19.3%	19.4%
55 to 64 years	17.1%	17.1%
65 years and over	20.7%	22.6%

Most of the survey respondents were white (89.0 percent), which reflects the demographics obtained from the 2010 American Community Survey. The remaining 11.0 percent of respondents indicated that they were another race.

The weighted sample contains a slightly higher percentage of females (53.6 percent) than males (46.4 percent). Almost half (47.6 percent) of respondents live in households with two adults, while 20.0 percent live in three adult households and 13.8 percent have four or more adults in their household.

Other demographic indicators include annual household income, employment and education level. The greatest proportion of survey respondents has an annual household income of over \$75,000 (21.9 percent), followed by \$35,001-\$50,000 (15.6 percent).



Over half of respondents are married (52.7 percent), while 23.7 percent have never been married. The remaining 23.7 percent are divorced, widowed or separated.

The greatest proportion of survey respondents have a high school degree (38.7 percent), while 23.5 percent have some college or an associate's degree. More than one out of five respondents (22.3 percent) have a Bachelor's degree or higher. The remaining respondents (15.6 percent) have less than a high school education.

Less than half of respondents (46.3 percent) are employed for wages. Almost one-quarter of respondents (24.5 percent) are retired, while 8.1 percent of respondents are currently unemployed and looking for a job. For details regarding the employment status of respondents see Appendix C.

CHAPTER 2 – GENERAL HEALTH STATUS

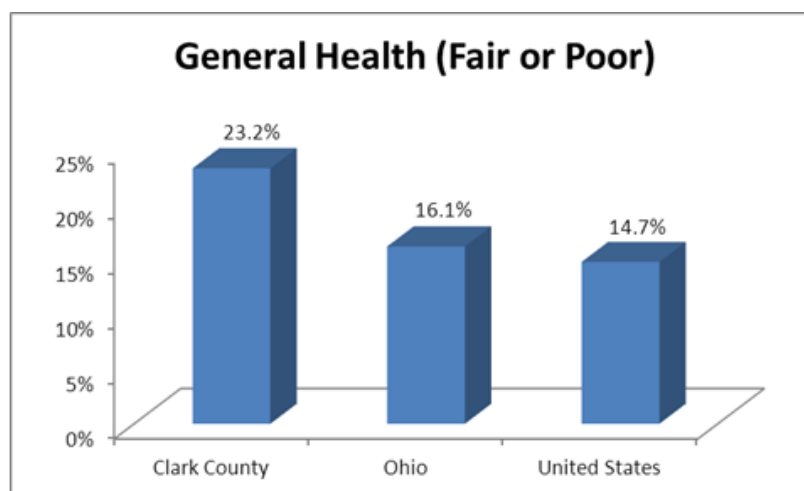
This chapter will address the general health status of Clark County residents, including days with poor physical and mental health, as well as days with health limitations. The chapter will also address Clark County residents without access to health care.

General Health

The general health status of respondents is a self-reported gauge of an individual's overall health condition. The first question of the survey asked respondents to rate their overall health to provide a measure of peoples' initial impression of their health status.

Over three-quarters of respondents (76.8 percent) indicated that in general, their health is excellent (13.0 percent), very good (31.4 percent) or good (32.4 percent).

The percentage of Clark County residents rating their health as fair or poor (23.2 percent) is significantly higher than the State of Ohio (16.1 percent) and the nation (14.7 percent).



Next, respondents were asked in more detail about their physical and mental health. While 23.2 percent of respondents indicated having fair or poor general health, 39.9 percent said that, in the past month, they have had days with poor physical health. A smaller percentage of respondents reported having days with poor mental health in the past month (33.7 percent).

When asked if poor physical or mental health kept them from doing any activities, such as self-care, work or recreation, 23.1 percent of all respondents indicated that they had at least one day in the past month in which they had limitations. The percentage of Clark County residents that stated they were limited in the past thirty days (23.1 percent) is higher than data reported across the State of Ohio (21.8 percent) as well as the nation (21.2 percent), but this difference is not statistically significant.

Mental Health

The next section of the survey addressed topics related to mental health, including depression, anxiety, and suicide.

Eleven percent of respondents (11.0 percent or 116 respondents) indicated they have felt so sad or hopeless for two weeks in a row or more that they stopped doing some usual activities. Female respondents (15.2%) were more likely than male respondents (6.5%) to indicate that they felt sad or hopeless almost every day for two weeks or more in a row and this finding is statistically significant.

Respondents who indicated feeling sad or hopeless for two weeks in a row were asked if they experienced a variety of occurrences while they were feeling sad or depressed. Over ninety percent (94.7 percent) of respondents had trouble sleeping or slept too much, while 94 percent lost interest in most things and 92.6 percent had trouble thinking or concentrating.

Other responses included:

- Felt fatigued or had no energy (91.9 percent)
- Felt extremely restless or slowed down (90.4 percent)
- Woke up before desired (88.8 percent)
- Had a weight/appetite change (74.8 percent)
- Felt worthless or hopeless (74.5 percent)
- Thought about death or suicide (32.1 percent)
- Attempted suicide (5.8 percent)

These 116 respondents were asked if they have seriously considered committing suicide in the past twelve months. Of the 116 respondents, 15 indicated that they did consider committing suicide. Two of the fifteen respondents actually attempted suicide.

More than four in five respondents (101 of the 116 respondents) indicated that they would know who to talk to or where to go if they ever felt depressed or suicidal. When asked who they would talk to, common responses included doctor, clergy or religious figure, mental health services, or friend or family. A complete list of responses can be found in Appendix D.

Quality of Life

Respondents were posed several questions concerning their quality of life. When asked if they are limited in any way in their daily activities because of an impairment or health problem, 22.5 percent of respondents indicated that they have limitations. Crosstabs revealed a significant difference by geography. The percent of respondents who reported being limited in their daily activities because of an impairment or health problem is listed below for each region.

Percent of respondents limited in their daily activities due to an impairment/health problem

Region A (Springfield)	27.7%
Region B (Eastern)	19.1%
Region C (Western)	18.1%

Respondents who are limited in their daily activities were asked to identify the specific impairments or health problems that are the source of their limitation. Of those who are limited in their daily activities, the most common limitations included walking problems (44.4 percent), arthritis (33.4 percent), back or neck problems (31.3 percent), and chronic pain (30.7 percent). Other responses included:

- Lung/breathing problems (23.1 percent)
- Bone/joint injuries (19.1 percent)
- Depression/anxiety/emotional problems (18.9 percent)
- Hypertension/blood pressure (17.6 percent)
- Eye/vision problems (15.5 percent)
- Heart problems (15.1 percent)
- Diabetes (9.8 percent)
- Stroke problems (7.1 percent)
- Hearing problems (6.0 percent)
- Cancer (3.6 percent)
- Chemical Dependency (1.6 percent)
- Other impairment or problem (33.8 percent)

Respondents that indicated having impairments were also asked if they needed the help of others to bathe, dress, groom, go to the bathroom, eat, or walk. Of the 22.5 percent of respondents that reported having impairments (236 respondents), more than eighty percent (81.2 percent) of those individuals said they did not need help from others in these capacities. The remaining respondents (18.8 percent or 44 of the 236 respondents) indicated that they do need assistance, including with walking (16.5 percent), dressing (9.2 percent), bathing (7.8 percent), grooming (7.5 percent), toileting (6.5 percent) and eating (5.2 percent).

Access to Health Care

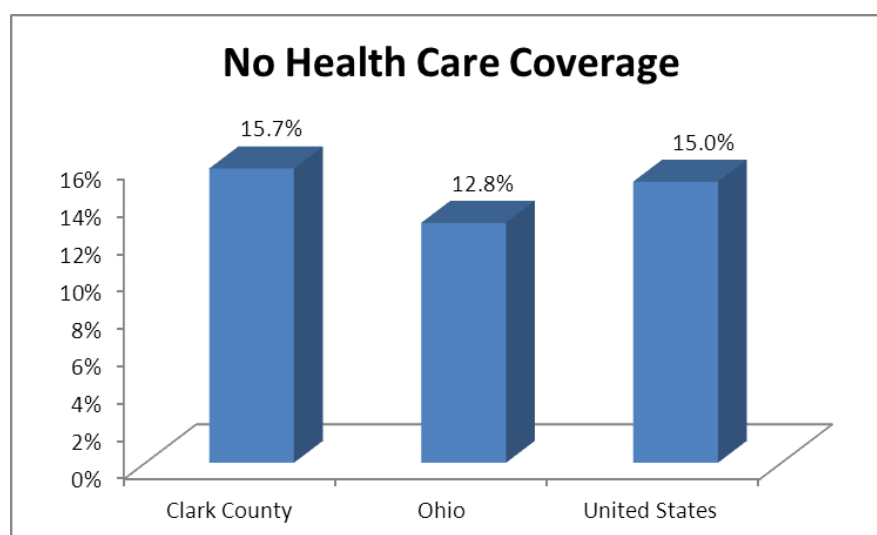
Several questions were asked to gauge peoples' *access to health care*, a primary concern at national, state, and local levels. During tough economic times, the percentage of residents who are uninsured or underinsured can grow, particularly in areas hit hard by unemployment.

First, Clark County residents were asked if they had health care coverage. Over eighty percent of respondents (84.3 percent) indicated they have some sort of health care coverage. When asked what kind of health insurance they currently have, the most common responses included:

- employer-provided coverage (52.9 percent)
- Public assistance, including Medicaid and Medicare (33.9 percent)
- Self-insured (8.3 percent)

A list of other health insurance providers cited by respondents can be found in Appendix D.

In Clark County, 15.7 percent of residents said they had no health care coverage. This percentage is comparable to the national rate (15.0 percent), but it is significantly higher than the State of Ohio (12.8 percent).



Crosstabs show significant differences between respondents without health care coverage and geography.

Percent of respondents without health care coverage by geography

Region A (Springfield)	20.7%
Region B (Eastern)	7.6%
Region C (Western)	14.5%

Over one-third of those who do not have health insurance (34.4 percent) indicated that they could not afford to pay the premiums, while 27.4 percent indicated it was a result of losing their job or changing employers, and 14.0 percent indicated that their employer doesn't offer or stopped offering coverage. A list of other responses can be found in Appendix D.

Respondents who do not have health care coverage were asked how long they have been without health insurance. Nearly one quarter (24.1 percent) of respondents have been without insurance for less than a year, while 76.0 percent have been without insurance for a year or more.

Health Care Utilization

The next section of the survey asked questions pertaining to access to health care providers. Questions were designed to assess whether respondents have a health care provider, the frequency of regular check-ups, as well as whether respondents without a health care provider are impacted by lack of health care coverage.

Respondents were asked questions pertaining to their frequency of health care access. More than three-quarters of respondents (75.7 percent) indicated that they have visited the doctor for a routine check-up in the past year. Another 7.2 percent of respondents have visited a doctor 1-2 years ago. Eight percent of respondents (8.0 percent) have visited a doctor for a routine check-up 2-5 years ago, while 9.1 percent of respondents haven't been to a doctor for a routine check-up in five or more years.

Approximately 90 percent of respondents (89.1 percent) say they have a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health; while 10.9 percent of all respondents do not have a primary source where they receive health care services.

Respondents who indicated having a particular clinic, health center, doctor's office, or other place that they go to when they are sick or need advice about health were asked what is the specific type of place it is that they get their health care services from. The majority of respondents (81.8 percent) indicated that they receive their services from a doctor's office or HMO, while 14.1 percent of respondents use an urgent care center or hospital (outpatient department or emergency room) for their primary health care provider. Less than ten percent (6.3 percent) of respondents utilize a clinic or health center.

The respondents who indicated not having a usual source for medical care were asked to identify the primary reason that they are without a specific service provider. The highest percentage of respondents (33.0 percent) indicated that they have not needed a doctor, while 22.1 percent of respondents said that they cannot afford a usual source of medical care. Another 18.4 percent mentioned other reasons, which can be found in Appendix D.

Finally, Clark County residents were asked if there was a time in the last 12 months when they needed to see a doctor but could not because of the cost. Over ten percent of respondents (13.7 percent or 143 respondents) indicated that there was a time in the past year when they needed to see a doctor but could not because of cost. Crosstabs show significant differences by geography.

Percent of respondents who could not see a doctor in the past 12 months because of cost

Region A (Springfield)	20.3%
Region B (Eastern)	6.4%
Region C (Western)	10.0%

CHAPTER 3- PREVALENCE OF DISEASE

This chapter discusses the prevalence of some diseases in Clark County, including asthma cardiovascular diseases, and diabetes. The sections also provide some details on attitudes, behaviors and actions toward these diseases as well as disease prevention and early detection.

Asthma

Asthma is a chronic respiratory disease in which the airways of the lungs become temporarily blocked due to inflammation. Symptoms associated with asthma include labored breathing, chest constriction, and coughing. When respondents were asked if a doctor had ever told them that they had asthma, nearly two in ten Clark County adults (17.2 percent) have indicated that they have been diagnosed with asthma. The percent of Clark County adults who have ever been told they have asthma is significantly higher than that of the state (13.8 percent) and nation (13.8 percent).

One-third (33.2 percent) of respondents who have asthma indicated that they have had an episode of asthma or an asthma attack in the past 12 months. Moreover, 14.1 percent of those with asthma indicated having visited an emergency room or urgent care center because of asthma in the past 12 months.

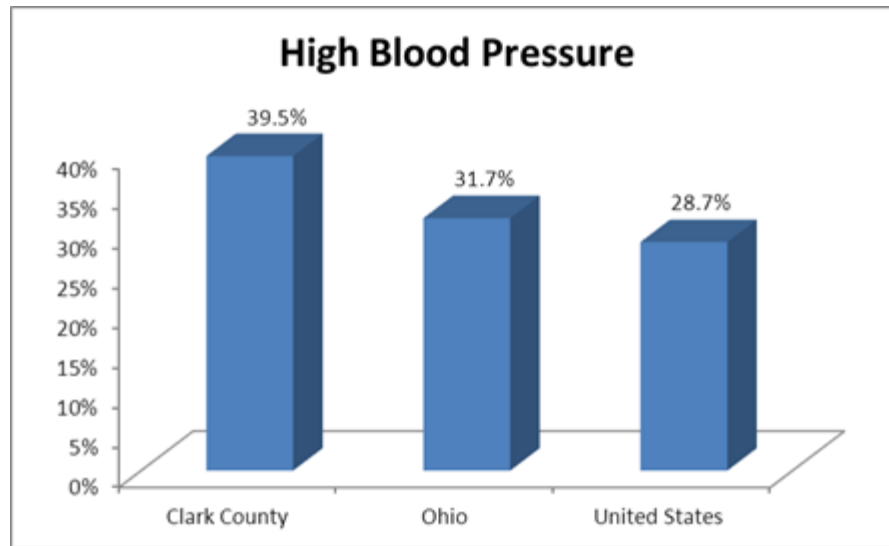
Cardiovascular Diseases

High Blood Pressure

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. There are no symptoms, and according to the American Heart Association, nearly one-third of people with high blood pressure don't know they have it. This is why high blood pressure is often called the "silent killer."

Clark County residents were first asked how long it has been since they had their blood pressure taken by a doctor, nurse, or other health care professional. The majority of respondents (89.4 percent) indicated having their blood pressure taken within the last year.

Nearly forty percent of Clark County adults (39.5 percent) have been diagnosed with high blood pressure, which is significantly higher than the percentage for the State of Ohio (31.7 percent) and the nation (28.7 percent).



Many people with high blood pressure rely on several different methods to help control their blood pressure. Such methods include taking medication, dieting to lose weight, cutting down on salt, and exercising. More than three-quarters (77.4 percent) of Clark County adults with high blood pressure control their blood pressure with medication, while 35.5 percent use exercise, 35.0 percent cut down on salt and 27.4 percent are dieting to lose weight. Almost ten percent of respondents with high blood pressure (8.2 percent or 35 respondents) are not doing anything to control their blood pressure.

Crosstabs show significant differences among the percent of respondents using medication to control their blood pressure in each region.

Percent of respondents using medication to control their blood pressure

Region A (Springfield)	77.0%
Region B (Eastern)	69.0%
Region C (Western)	84.2%

High Cholesterol

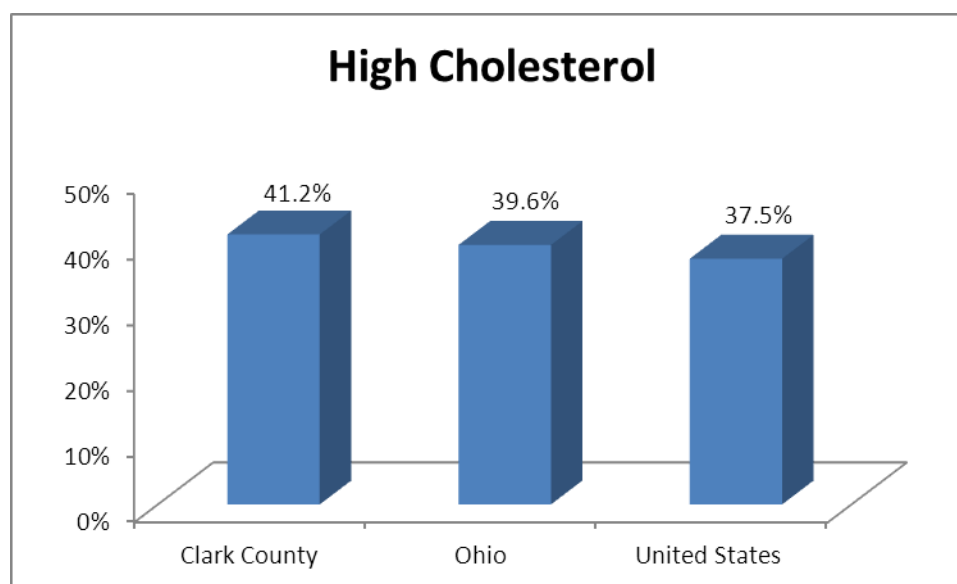
Cholesterol is a fat-like molecule found in all cells of the body that is essential for body functions, including the production of hormones. Too much cholesterol in the blood can be serious, causing plaques to build up in the walls of the arteries leading to narrowing of the arteries over time, or atherosclerosis.

Lowering blood cholesterol levels decreases the chance for having a plaque burst and causing a heart attack, and may also prevent plaque from building up. People with high blood cholesterol are at greater risk for heart attacks and heart disease.

All Clark County respondents were asked if they have ever had their blood cholesterol checked. Over three quarters of respondents (81.2 percent) indicated they have had their cholesterol checked at some point in their life. This percent is comparable to the State (81.4 percent) and national (80.8 percent) rates.

When asked how long it has been since their blood cholesterol was checked, (80.9 percent) of all respondents indicated that they had their blood cholesterol checked within the past year.

Over forty percent (41.2 percent) of Clark County adults have been diagnosed with high blood cholesterol, which is higher than residents across Ohio (39.6 percent), and significantly higher than the nation (37.5 percent). Crosstabs by geographies within the county show no significant differences among the regions.



Like those who have been diagnosed with high blood pressure, many people with high blood cholesterol rely upon various methods to help control their cholesterol. Such methods include taking medication, dieting to lose weight, cutting down on fat and cholesterol, and exercising.

Almost two-thirds (65.9 percent) of Clark County adults with high blood cholesterol take medication to help lower their cholesterol. Other methods used to help control blood cholesterol included.

- Cutting down on fat and cholesterol in their diet (42.3 percent)
- Dieting to lose weight (35.6 percent)
- Exercise (32.2 percent)

Nearly four percent of respondents with high blood cholesterol (3.8 percent) are not doing anything to control their blood cholesterol.

Veterans' Health

Respondents who served on active duty in the United States Armed Forces were asked a series of questions pertaining to veterans' health. Approximately thirteen percent (12.8 percent) of respondents reported that they served on active duty in the United States Armed Forces (either in the regular military or in a National Guard or Military Reserve Unit).

More than one-third (37.9 percent) of these respondents reported that they served in a combat or war zone. Nearly half of respondents (46.2 percent) who have served in the armed forces in Region B (Eastern) have served in a combat zone, while 42.9 percent in Region C (Western) and 30.9 percent in Region A (Springfield) have served in a combat zone; however, these differences are not statistically significant.

Veterans were asked three health-related questions. The first question asked if a doctor or other health professional ever told them that they have depression, anxiety or post-traumatic stress disorder (PTSD). Ten percent (10.1 percent) of veteran respondents indicated that they have PTSD.

Crosstabs by region show variations in the percent of respondents that had been told they have depression, anxiety or post-traumatic stress disorder, however, these differences are not statistically significant.

In the subsequent question, only one respondent reported being told by a doctor or other health professional that he or she suffered a traumatic brain injury. Lastly, veteran respondents were asked if they received any psychological counseling or treatment in the past 12 months.

Less than five percent (3.8 percent or five respondents) of veteran respondents indicated they received psychological counseling or treatment in the past twelve months. Three of the five respondents who received counseling or treatment received these services at a VA facility, while the remaining two received these services from a non-VA facility.

Coronary Heart Disease, Heart Attack and Stroke

Coronary heart disease (CHD) is still the number one cause of death in the United States, outweighing cancer, stroke, and chronic lower respiratory disease. CHD is caused by a narrowing of the walls of the arteries, and often results in a heart attack. Each year, about 1.1 million Americans suffer a heart attack and about 460,000 of those heart attacks are fatal (National Heart, Lung and Blood Institute). More than one in five (22.5 percent) respondents indicated they have been told by a doctor that they had one of the following conditions: heart attack or myocardial infarction (8.0 percent), angina or coronary heart disease (5.7 percent), stroke (5.7 percent) or some other heart problem (12.6 percent). [Please note: the total of these percentages exceeds 22.5 percent because some respondents reported multiple cardiovascular problems.] The percent of Clark County residents who have had a heart attack or myocardial infarction (8.0 percent) is significantly higher than the State (4.3 percent) and the national (4.2 percent) rates. Furthermore, the percent of Clark County residents who reported having angina/coronary heart disease or stroke is significantly higher than the state and national rates. See Appendix B for exact percentages.

Prevention

Some Clark County adults are making lifestyle changes to prevent cardiovascular diseases. Coronary heart disease, heart attacks and strokes are largely preventable conditions whose likelihood can be reduced through lifestyle choices.

First, residents of Clark County were asked a series of questions to assess what steps they are taking to reduce their risk for heart disease or stroke. Less than one in five (18.7 percent) respondents indicated that they have been told by a doctor that they were at risk for heart disease or stroke.

Some research suggests that taking an aspirin daily may decrease the risk for a heart attack or stroke. More than one in five (22.9 percent) Clark County adults indicated they take an aspirin daily or every other day to reduce their chances for a heart attack or stroke. Finally, respondents were asked to indicate if they are currently taking any medication, other than aspirin, for a heart problem. Over one-third (37.5 percent) of respondents take medication, other than aspirin, for a heart problem.

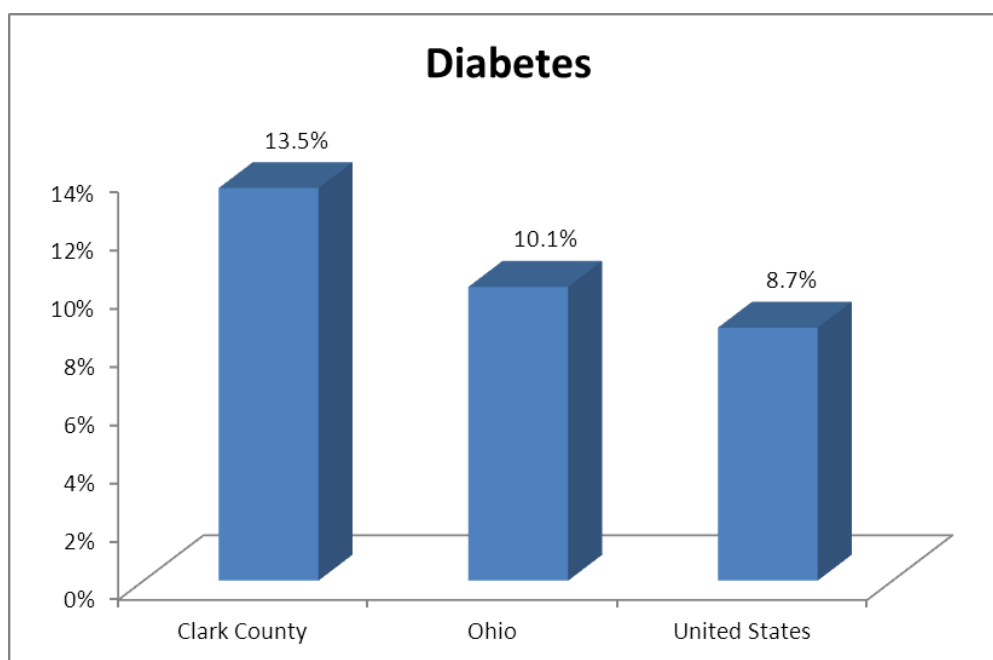
Diabetes

Diabetes is a disease in which the pancreas is unable to produce insulin or cannot properly use the insulin that it does produce. According to the American Diabetes Association, an estimated 18.8 million people in the United States have diabetes, although probably one-third do not know they have the disease.

There are two main types of diabetes (although others do exist), Type 1 and Type 2. Only about 5 – 10 percent of people with diabetes have Type 1 diabetes, where the body fails to produce insulin. More common is Type 2 diabetes, where the cells are resistant to insulin and cells may also not produce enough insulin.

Having diabetes dramatically increases the risk of heart attack and stroke, and 65 percent of deaths in diabetes patients are attributed to heart and vascular diseases (American Diabetes Association). When asked if they had a test for high blood sugar or diabetes within the past three years, 57.2 percent of respondents indicated doing so.

Almost fourteen percent of Clark County residents (13.5 percent) have been told by a doctor that they have diabetes or high blood sugar, and 2.0 percent of those were told this only during pregnancy. Furthermore, 8.4 percent of respondents have been told that they have pre-diabetes or borderline diabetes. The 13.5 percent of Clark County residents with diabetes is significantly higher than the State of Ohio (10.1 percent) and the national rate (8.7 percent).



Crosstabs shows a noteworthy difference by regions.

***Percent of respondents who have been told by
a doctor that they have diabetes***

Region A (Springfield)	20.8%
Region B (Eastern)	6.8%
Region C (Western)	8.6%

Those respondents with diabetes were asked a series of questions pertaining to their treatment of the disease. Almost one-quarter of respondents (24.3 percent) are currently taking insulin to treat their diabetes, while more respondents are taking oral medication (67.6 percent) or making changes to their diet (68.7 percent). Two percent (2.0 percent) of respondents are not doing anything to control their diabetes or high blood sugar.

Respondents with diabetes were asked how many times per day or per week they check their blood for glucose or sugar, including the times when a friend or family member checks it, but excluding times when checked by a health care professional. Over half of respondents with diabetes (60.5 percent) indicated that they check their blood for glucose or sugar at least one or more times a day, while 10 percent of respondents (9.8 percent) never check their blood for glucose. Two-thirds of respondents with diabetes (66.0 percent) have taken a course on how to manage diabetes themselves.

A test for “A one C” measures the average level of blood sugar over the past three months. Nearly ninety percent of respondents (89.1 percent) with diabetes have had their blood checked for “A one C” in the past twelve months. Of the remaining respondents with diabetes, 8.9 percent have not had their blood checked for “A one C” in the past twelve months and 2 percent have never heard of this test.

Finally, respondents were asked about health related concerns that they have experienced related to having diabetes. Less than half (44.4 percent) of respondents who have been diagnosed with diabetes indicated they have not experienced any health concerns related to diabetes, while 55.6 percent have had health concerns related to diabetes.

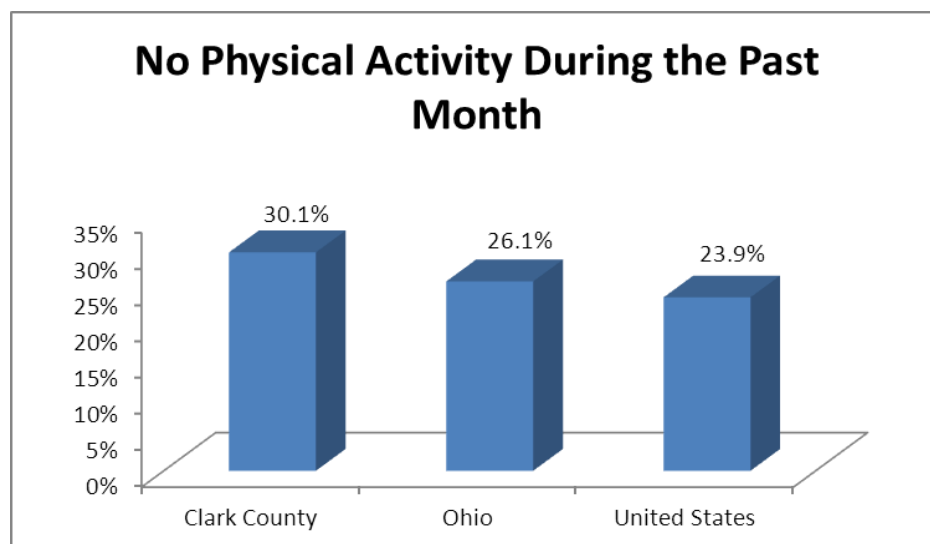
One-third of respondents (33.4 percent) who indicated having health concerns related to diabetes cited difficulty with vision being an issue, while 30.4 percent experienced dizziness, confusion or headaches, 28.2 percent had numbness in fingers and toes, 3.4 percent experienced kidney problems and 2.0 percent of respondents experienced open sores on their feet.

CHAPTER 4- LIFESTYLE CHOICES

Lifestyle choices are important factors in development of chronic diseases. The choices people make such as smoking, alcohol use, diet and exercise, all increase or decrease one's risk for developing chronic diseases. This chapter profiles the lifestyle choices of Clark County residents.

Physical Activity

Exercise is an essential part of a well-balanced lifestyle and increasing attention has been placed on the link between exercise and disease prevention. Thirty percent of Clark County adults (30.1 percent) have not participated in some sort of physical activity in the past month. The percentage of Clark County adults not participating in physical activity is significantly higher than the State (26.1 percent) and nation (23.9 percent).



Crosstabs by geographies within the county show significant differences among regions.

Percent of respondents who have not participated in any physical activity in the past month

Region A (Springfield)	38.5%
Region B (Eastern)	17.4%
Region C (Western)	27.7%

When asked to indicate the most common form of physical activity that they participate in, the most common responses included walking, gardening, bicycling, yard work and swimming. A complete list of open-ended responses can be found in Appendix D.

To receive the most benefit from exercise, the CDC recommends that adults exercise moderately for at least 30 minutes a day and at least five days per week. The Clark County residents, who reported exercising in the past month, did so an average of four days a week. Moreover, nearly forty percent (39.3 percent) of the respondents exercised for 30 to 59 minutes, while an additional 20.1 percent exercised for at least an hour, but less than an hour and a half.

Weight Control

Just under half of Clark County adults (44.5 percent) say they are trying to lose weight. Crosstabs by Body Mass Index (BMI) calculations reveal a significant difference between the individuals of heavier BMI in relation to individuals who are of normal weight or underweight. In particular, 68.8 percent of obese respondents are trying to lose weight, as are 47.5 percent of overweight respondents. However, 15.2 percent of respondents of “normal weight” are also currently trying to lose weight. Over two-thirds (70.2 percent) of respondents who are not trying to lose weight indicated that they are trying to maintain their current weight, that is, to keep from gaining weight. Crosstabs and chi square analysis by gender reveal significant difference between males (38.5 percent) and females (49.6 percent) trying to lose weight.

Adults are making some healthy changes to their lifestyle choices to help with weight loss or weight maintenance. Sixty percent of respondents (60.0 percent) are using physical activity or exercise to control their weight, while less than half of all respondents (48.9 percent) are eating fewer calories, 42.1 percent are eating less fat, and 41.4 percent are eating fewer carbs.

Crosstabs found a significant difference in the percent of respondents using physical activity or exercise to control their weight by region.

Percent of respondents using physical activity or exercise to control their weight

Region A (Springfield)	53.1%
Region B (Eastern)	64.9%
Region C (Western)	66.1%

Additionally, some respondents indicated that they have received advice about their weight from a doctor. Specifically, 20.6 percent of respondents have been told by a doctor in the past 12 months to lose weight.

Respondents were asked where they receive most of their information about weight control issues. One-third (32.9 percent) of respondents receive this information from a doctor, while 17.6 percent receive information on weight control issues from friends or family members.

Other responses included.

- Television (14.2 percent)
- Magazines (11.4 percent)
- Nurse/Other health professional (8.6 percent)
- Newspaper (6.1 percent)
- Other (26.3 percent, see Appendix D for details)

Respondents were also asked to indicate their height and weight so that researchers could calculate the BMI. Over three-quarters of Clark County respondents (76.9 percent) are classified as overweight (35.1 percent) or obese (41.8 percent) based upon their body mass index. Approximately twenty percent (20.7 percent) of respondents are “normal weight.” The percentage of Clark County residents who are overweight or obese is significantly higher than the State (65.7 percent) and the nation (64.5 percent).

Sexual Activity and Awareness

Clark County residents were also asked a series of questions pertaining to sexual activity. The first question asked respondents how many people they have had sexual intercourse with in the past 12 months.

Over sixty percent of respondents (62.4 percent) have had sex with one person in the past year, while 32.6 percent of individuals indicated they have not had sex in the past 12 months. The remaining 5.0 percent of respondents indicated that they have had sexual intercourse with more than one person, with responses ranging from two to ten.

Respondents who have had sexual intercourse within the past year were asked if they (or their partner) used a condom the last time they had intercourse. Sixteen percent of respondents (15.9 percent) indicated that a condom was used the last time they had sexual intercourse. Furthermore, almost eleven percent of respondents (10.7 percent) stated that a doctor or health care professional had talked to them in the past 12 months about preventing sexually transmitted diseases through condom use. While crosstabs showed no significant differences regarding condom use among different regions of the county, there was a significant difference among the regions in regard to speaking with a health professional about preventing sexually transmitted diseases through condom use.

Percent of respondents who had a health care professional talk to them in the past 12 months about preventing sexually transmitted diseases through condom use

Region A (Springfield)	10.0%
Region B (Eastern)	6.8%
Region C (Western)	14.0%

Respondents were further questioned about sexually transmitted diseases and were asked if they ever knowingly had their blood tested for HIV. Almost one-third of respondents (32.2 percent) indicated they knowingly had their blood tested for HIV.

Finally, respondents were read a list of statements and were asked to indicate whether any of the situations applied to them. (The question was designed like this: I'm going to read you a list, when I'm done, please tell me if any of the situations apply to you. You do not need to tell me which ones.) The statements included:

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Less than two percent of respondents (1.3 percent or 13 individuals) indicated at least one of the situations apply to them.

Tobacco Use

According to the Journal of the American Medical Association, tobacco use is the leading cause of preventable death in the United States. Less than half of adults in Clark County (47.5 percent) have smoked at least 100 cigarettes in their life (which is the CDC's definition of "ever smoked"), and 44.8 percent of those residents currently smoke. This equates to 21.3 percent of adults currently smoking.

Crosstabs revealed significant differences by regions within the County.

Percent of respondents who have smoked at least 100 cigarettes in their life

Region A (Springfield)	55.4%
Region B (Eastern)	38.0%
Region C (Western)	43.9%

On average, respondents who currently smoke, smoke 15.9 cigarettes a day, which is less than one pack a day (20 cigarettes). Additionally, two percent (1.9 percent) of Clark County residents indicate they currently use chewing tobacco, snuff, or both. Nearly half of respondents (48.5 percent) who still smoke have tried to quit smoking within the past year.

The percent of Clark County residents that currently do not smoke (78.6 percent) is comparable to the State's rate (77.5 percent) and significantly lower than the national rate (82.7 percent).

Respondents who indicated having smoked at least 100 cigarettes in their entire life, but currently do not smoke were asked how long it has been since they last smoked on a regular basis. Over forty percent (43.4 percent) of respondents indicated they have not smoked for over fifteen years, while an additional 25.2 percent have not smoked for five to fifteen years.

Drug Use

Clark County residents were also asked several questions concerning drug use. First, respondents were provided with a list of drugs, and were asked if they have used any of the drugs in the past six months. Responses to this question may be impacted by respondent bias, as many respondents may not want to admit to drug use. Approximately seven percent of respondents (7.2 percent or 76 respondents) indicated that they have used drugs in the past 6 months (marijuana was the only drug mentioned by respondents). Over half of these respondents (50.9 percent or 38 respondents) admitted to using marijuana almost every day, while an additional 19.1 percent (14 respondents) reported using marijuana three to four days a week.

Crosstabs by geographies within the county show a significant difference in the percent of respondents who reported marijuana or hashish usage.

***Percent of respondents who have used
marijuana or hashish in the past 6 months***

Region A (Springfield)	11.6%
Region B (Eastern)	3.4%
Region C (Western)	4.2%

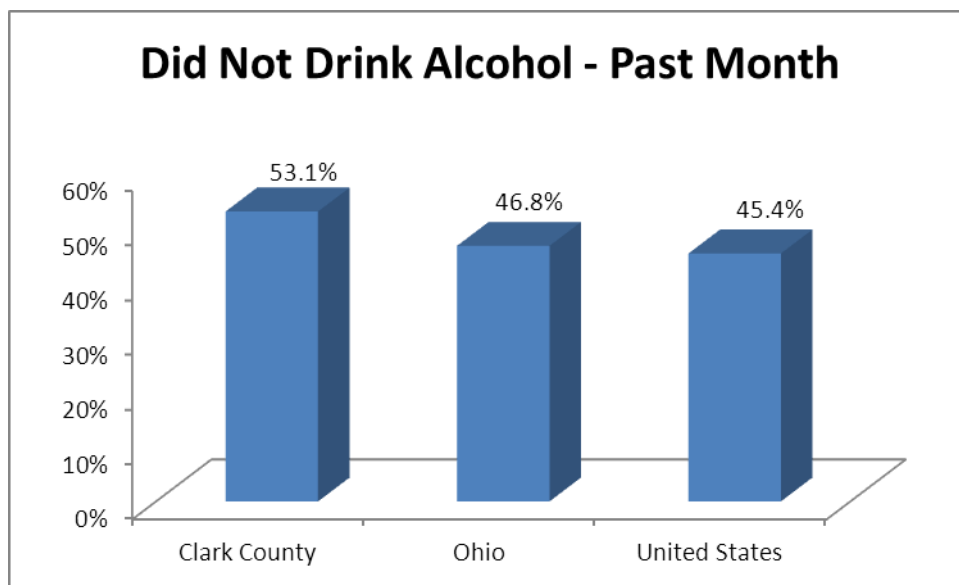
Next, respondents were asked if they have used any drugs that were not prescribed to them in the past six months. Three respondents (0.3 percent) admitted to using medications that were not prescribed to them. All three respondents reported using Tranquilizers such as valium or Xanax, sleeping pills or barbiturates. The majority of respondents reported using these medications one or two times a week. Furthermore, these respondents were asked if they have regularly failed to fulfill obligations at work or home, placed themselves in dangerous situations or had legal problems as a result of using drugs. Generally, these respondents did not encounter any of these problems.

Alcohol Consumption

While recent research has shown moderate alcohol consumption to be beneficial to health, excessive alcohol consumption has the opposite effect. The next section of the survey addressed alcohol consumption, as well as issues such as drinking and driving.

First, respondents were informed that a drink of alcohol includes one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot liquor. With this in mind, respondents were asked to indicate if they have had at least one drink of alcohol in the past month. Respondents who indicated that they have consumed one or more drinks of alcohol in the past month were then asked how many days per week or per month they drink, as well as how many drinks they have on average.

Less than half (48.7 percent) of adults in Clark County indicated that they have had at least one drink of an alcoholic beverage in the past month, drinking on average 2.1 times per week. The percentage of Clark County adults who did not drink alcohol in the past month (51.3 percent) is significantly higher than the state (46.8 percent) and nation (45.4 percent). Crosstabs by geographies within the County found no significant difference among regions in regard to respondents consuming at least one drink of alcohol in the past month.



Approximately sixteen percent (16.2 percent) of Clark County adults are considered binge drinkers, having consumed five or more drinks on any one occasion within the past month. The percentage of Clark County adults who binge drink is significantly lower than the State (17.2 percent), but higher than the nation (15.1 percent), though this difference is not statistically significant.

Approximately four percent of respondents who drink (4.2 percent) indicated that they drove a vehicle when perhaps they had too much to drink.

Sleep

Respondents were asked to identify the main reason they did not get enough rest or sleep during the past month. Over half (52.6 percent) of respondents indicated that they did get

enough sleep in the past month. About ten percent (10.3 percent) of respondents indicated the main reason they did not get enough sleep was due to family related issues, while 10.1 percent said stress and 8.4 percent mentioned job/school or work related issues.

Pregnancy

Female respondents were asked several questions concerning pregnancy. Respondents were first asked if they received formalized prenatal care during their last pregnancy. Over half of female respondents (67.4 percent) who have been pregnant at some time in their life indicated they did receive formalized prenatal care during their last pregnancy. Crosstabs showed significant differences by regions within the County.

***Percent of female respondents who received
formalized prenatal care during their last
pregnancy***

Region A (Springfield)	59.6%
Region B (Eastern)	78.0%
Region C (Western)	69.0%

Next, respondents were asked what type of pregnancy education or classes they received during their last pregnancy. Respondents could identify more than one form of education. Nearly half (45.5 percent) of respondents indicated that they had received pregnancy education from books or brochures. Another 31.3 percent said they took prenatal classes/Lamaze, while 25.9 percent used prenatal exercises and 25.3 percent took breast feeding classes. Over one-third (35.8 percent) of respondents did not receive any pregnancy education or classes.

Respondents who received pregnancy education were asked where this education was received. Nearly half (48.2 percent) of respondents received this education from a private doctor's office, while more than one-third (36.5 percent) received it from a hospital and 4.4 percent from a public clinic.

Lastly, respondents were asked if they participated in any risk behaviors while they were pregnant. More than one in five female respondents (21.0 percent) indicated they had smoked cigarettes during their last pregnancy, while fewer respondents indicated that they drank alcoholic beverages (2.1 percent). Two respondents (0.4 percent) indicated that they used street drugs. The majority of respondents (77.8 percent) indicated they did not participate in any of these behaviors during their last pregnancy.

CHAPTER 5- EARLY DETECTION

Diseases can be prevented to a great extent through healthy lifestyle choices like refraining from smoking, engaging in regular physical activity, making healthy food choices, and maintaining a healthy weight. However, not all diseases are preventable, making early detection through screenings and regular check-ups vital to health and longevity. The following section delves into the preventive actions Clark County residents have undertaken in order to remain healthy and cancer free.

First, all respondents were asked if a doctor has ever told them they were at risk for cancer. Fifteen percent of respondents (15.0 percent) indicated they had been told they were at risk of cancer by a doctor.

Early Detection for Breast Cancer

The biggest risk for breast cancer is simply being a woman, and many women diagnosed with breast cancer do not have any of the identified risk factors. However, there are some risk factors that may increase a woman's risk for breast cancer, including a personal history of a prior breast cancer; evidence of a specific genetic change that increases susceptibility to breast cancer (BRCA1/BRCA2 mutations); a mother, sister, daughter, or two or more close relatives, such as cousins, with a history of breast cancer (especially if diagnosed at a young age); a diagnosis of a breast condition (i.e., atypical hyperplasia) that may predispose a woman to breast cancer; or a history of two or more breast biopsies for benign breast disease.

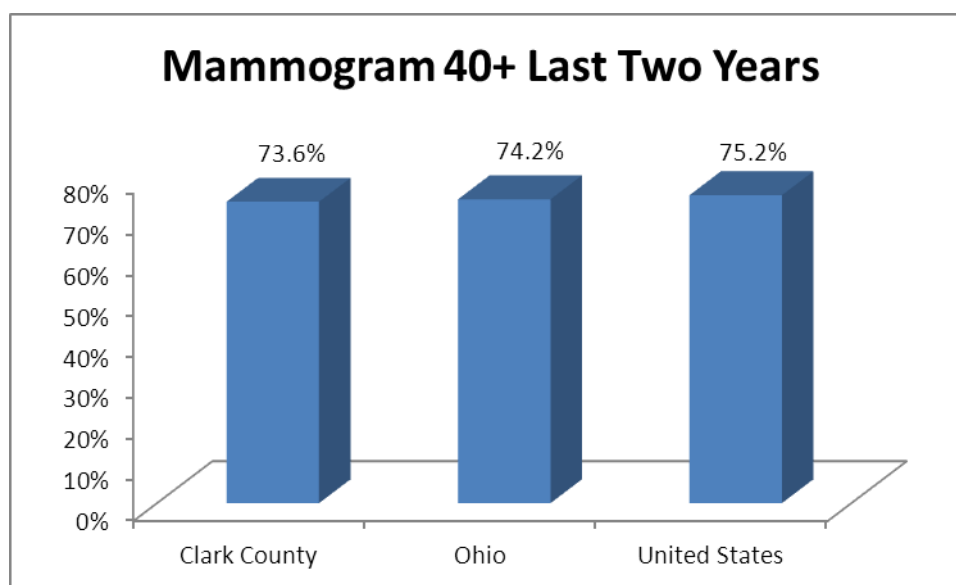
The American Cancer Society (ACS) recommends that women 20 to 39 years old receive a clinical breast examination at least once every three years, and women 40 years or older receive a clinical breast examination every year. Looking at women of all ages, more than eighty percent (84.0 percent) have had a clinical breast exam at some point in their life, and 60.6 percent have had one within the past year. More than nine out of ten women surveyed (92.4 percent) received this breast exam as part of a routine checkup, as opposed to due to a suspected problem. Crosstabs showed a significant difference among regions and the percent of female respondents who have ever had a clinical breast exam.

Percent of female respondents who have ever had a clinical breast exam

Region A (Springfield)	87.0%
Region B (Eastern)	88.1%
Region C (Western)	77.0%

Like breast exams, the ACS makes specific recommendations about how often and at what age women should have a mammogram screening. The ACS recommends that women 40 or older have a mammogram annually; however, women who have a family history of breast cancer should consult their doctor as to how often they should receive a mammogram. Almost three-quarters (72.4 percent) of all Clark County women surveyed have had a mammogram and over half of the women who have had a mammogram (52.1 percent) had this procedure less than one year ago.

Nearly three-quarters (73.6 percent) of women ages 40 and older have had a mammogram performed within the past two years. This is lower than the percentage of women at the state (74.2 percent) and national (75.2 percent) levels who have had mammograms performed in the past two years, but the difference is not statistically significant. As was the case with the clinical breast exam, the majority of women in Clark County (90.4 percent) indicated their last mammogram was part of a routine check-up.



Women who have had a mammogram in the past 5 years were asked to indicate how many mammograms they have had in the past 5 years. On average, Clark County women have received 3.4 mammograms apiece over the past 5 years, which is slightly lower than the ACS recommendation. Approximately forty percent of respondents (41.0 percent) indicated they have had 5 mammograms in the past 5 years, while another 3.6 percent of respondents have had more than 5 mammograms during this time.

Early Detection for Cervical Cancer

Cervical cancer is oftentimes preventable and curable if it is detected early. More women aged 40 years and older are diagnosed with cervical cancer, but younger women are at risk for the precursor to cervical cancer. The most effective tool for early detection is the Papanicolaou (Pap), which can detect lesions before they become cancer. Most physicians recommend an annual Pap test. Over ninety percent of all female respondents (92.1 percent) have had a Pap test, and 41.9 percent have had the exam within the past year. The majority of respondents (90.8 percent) who have had a Pap test indicated their last Pap test was done as part of a routine check-up. Crosstabs by geographies within the County showed a significant difference regarding the percent of women who have ever had a Pap test.

Percent of respondents who have had a Pap test

Region A (Springfield)	93.3%
Region B (Eastern)	97.0%
Region C (Western)	87.4%

One indicator used by the Centers for Disease Control to measure the frequency of Pap screenings is whether women have had this test within the past three years. In Clark County, 75.6 percent of women over the age of 18 reported having a Pap test within the past three years. This percentage is significantly lower than the State (81.7 percent) and nation (81.3 percent). Approximately thirty percent (30.7 percent) of female respondents indicated they have had a hysterectomy.

Early Detection for Prostate Cancer

Men over age 50 are most at risk for prostate cancer. The risk for developing prostate cancer is higher if a father or brother was diagnosed before the age of 65 or if the individual is African American. Furthermore, people who maintain a diet that is high in red meat or high-fat dairy products are at risk.

There are two detection tests for prostate cancer: the digital rectal exam, and a blood test for prostate-specific antigen (PSA). According to the American Cancer Society, research has not yet shown that the benefits of testing for prostate cancer outweigh the harm of testing and treatment, therefore ACS recommends that men talk to their doctors about the advantages and disadvantages of testing starting at age 50. Different sources suggest PSA testing at a younger age. For example, the Memorial Sloan-Kettering Cancer Center recommends that men aged 45 – 49 should have a baseline PSA test. For this report, analysis was conducted for men ages 40 and over. Two-thirds of men in Clark County (64.0 percent) ages 40 or older have had a PSA test, and 52.1 percent have had one within the past two years. The percentage of men 40 or older that have not had a PSA test in the past two years (47.9 percent) is comparable to the state (45.6 percent) and national (46.8 percent) percentages. Similarly, two-thirds of men (64.8 percent) ages 40 or older have had a digital rectal exam and 46.4 percent have had this

test within the past two years.

A final question asked men if they have ever been told by a doctor, nurse or other health professional that they have prostate cancer. Three percent of respondents (15 respondents) indicated that they have had this diagnosis.

Early Detection for Colorectal Cancer

Colorectal cancer is the fourth most common cancer in both men and women, and is most common in people over age 50. More than 90 percent of people with this disease are diagnosed after age 50. Other risk factors include having colorectal polyps; having a family history of colorectal cancer; having a personal history of colon cancer; having colitis or Crohn's disease; having a diet high in fat and low in calcium, folate, and fiber; or being a cigarette smoker.

There are several methods used to screen for colon cancer, and early detection is the very best form of defense against the disease. One method of screening for colorectal cancer is the digital rectal exam used to screen for prostate cancer (women were not asked about digital rectal exams in this survey). Other screenings include the fecal occult blood test (FOBT), a sigmoidoscopy, and a colonoscopy. Looking only at Clark County residents aged 50 and older, 32.4 percent have had a blood stool test.

Half (50.6 percent) of Clark County residents 50 and older have not had a sigmoidoscopy or colonoscopy, which is significantly higher than those who have not had a sigmoidoscopy or colonoscopy at the state (36.0 percent) and national (34.8 percent) levels. Of those who indicated having a sigmoidoscopy or colonoscopy, 34.4 percent have done so in the last 2 years. Crosstabs found no significant differences by geographies within the County.

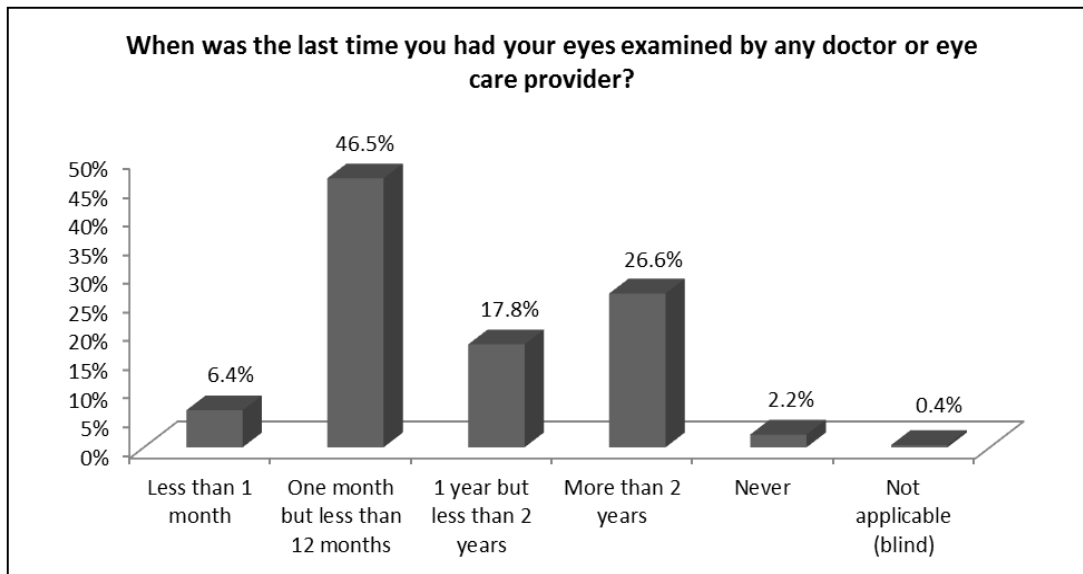
Skin Cancer

Skin cancer is the most common form of cancer in the United States, primarily caused by exposure to the sun's ultraviolet (UV) rays or UV rays from artificial sources of light, such as tanning beds and sunlamps. When used consistently, preventative measures can be taken to reduce the risk of skin cancer including staying in the shade, wearing sunscreen or sun block, or wearing protective clothing such as hats or long sleeves. According to the CDC, both tanning and burning can increase a person's risk for skin cancer.

Respondents were asked two questions about how their skin reacts to the sun and what, if anything, they do to protect themselves from the sun. The first question asked respondents how often they protect themselves from the sun when they are outside for more than one hour. Protection from the sun is considered staying in the shade, wearing protective clothing, or wearing sunscreen. Over forty percent of respondents (41.3 percent) indicated that they protect themselves from the sun always or nearly always, while 16.5 percent indicated that they sometimes use protection and 28.1 percent indicated they seldom or never protect themselves from the sun.

Eye Care

Respondents were also asked two questions pertaining to vision and eye health. First, they were asked, when was the last time they had their eyes examined by any doctor or eye care provider? The following graph profiles the length of time since participants have had their eyes examined by a doctor or eye care provider.



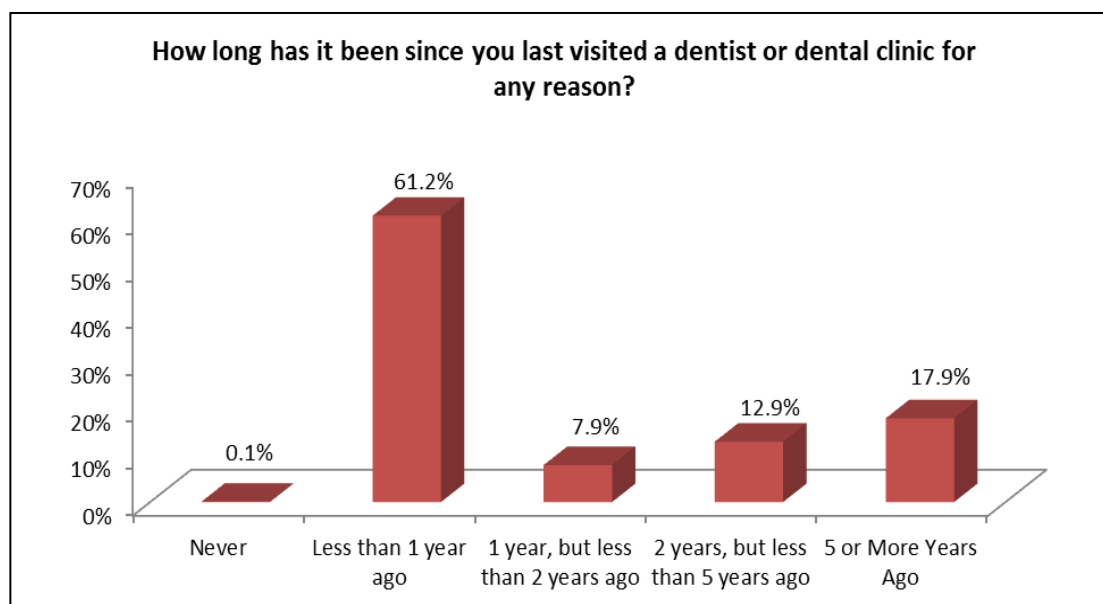
Participants who answered they had not visited an eye care professional in the last 12 months, were asked what is the main reason they have not. The following bulleted list identifies the top four responses explaining why respondents have not visited an eye care professional in last 12 months.

- No reason to go (50.9 percent)
- Cost/insurance (26.9 percent)
- Other (11.2 percent)
- Have not thought of it (10.0 percent)

The remaining three response options only accounted for 1 percent of respondents. Details about these responses can be found in Appendix C.

Oral Health

Dental care is an important prevention measure for healthy teeth and gums. It is recommended that an individual visit the dentist every six months, if possible, for a preventative check and cleaning. Over sixty percent (61.2 percent) of adults in Clark County have visited the dentist in the past year. The graph below displays all responses for this question.



Respondents who indicated that they have not visited the dentist in the past year were asked to indicate why they have not done so. The top five responses are included in the list below.

- No reason to go/no problem with teeth (29.9 percent)
- Cost (20.1 percent)
- Other (18.1 percent)
- No insurance (15 percent)
- Fear, apprehension, nervousness, pain, dislike going (7.7 percent)

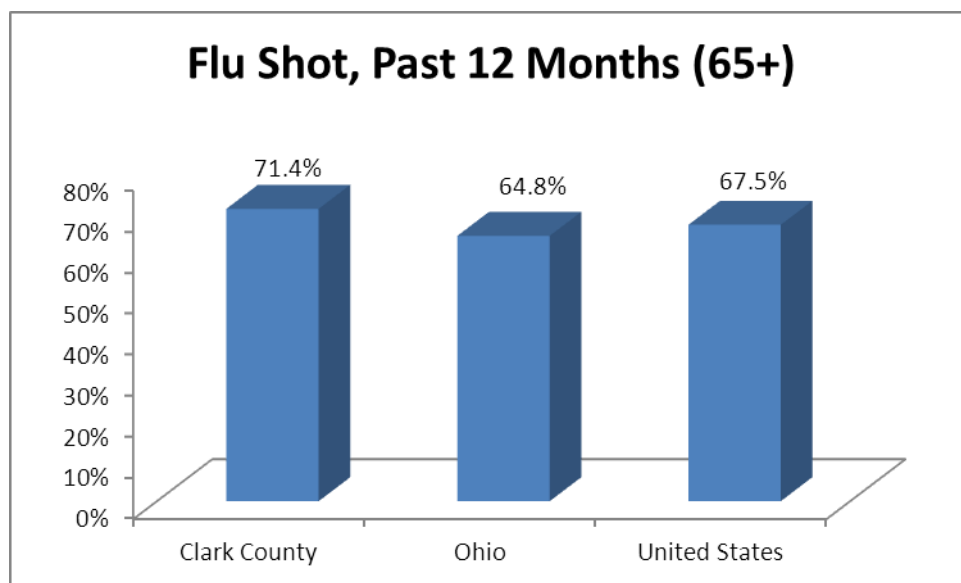
The most common response reported by respondents who chose “other” (18.1 percent) was dentures/false teeth. A complete list of all open-ended responses can be found in Appendix D.

Over half of survey respondents (54.2 percent) indicated that at least one or more of their permanent teeth have been removed due to tooth decay or gum disease.

CHAPTER 6- IMMUNIZATIONS

Influenza (flu) and pneumonia immunizations are important prevention measures, particularly for older adults. Specifically, national guidelines recommend that adults over the age of 65 receive an annual influenza and a one-time pneumonia vaccination.

More than two in five adults in Clark County (44.9 percent) indicated that they received a flu shot or nasal mist in the past 12 months. Analysis by age revealed that 71.4 percent of adults aged 65 or older in Clark County have received the vaccination, which is higher than the state (64.8 percent) and the national (67.5 percent) percentages, but not statistically significant.



Over seventy percent of adults ages 65 and older (71.9 percent) have received the pneumonia vaccine at some time in their life. The percentage of Clark County adults who are 65 or older that have had a pneumonia vaccination is slightly higher than the state (68.5 percent) and the national (68.8 percent) rates, but this difference is not statistically significant.

CHAPTER 7- ACCIDENT PREVENTION

Seat Belt and Helmet Use

The CDC uses two definitions to determine the percent of people at risk for seat belt nonuse, and these definitions are derived from the five responses possible in the question, “How often do you use seat belts when you drive or ride in a car? Would you say always, nearly always, sometimes, seldom, or never?” In one definition of seat belt use, the CDC adds the responses for “nearly always, sometimes, seldom or never,” which provides a percentage for those who do not “always” wear their seat belt. In another definition of seat belt nonuse, the CDC adds the responses for “sometimes, seldom, or never,” which provides a percentage for occasional nonuse.

More than four in five respondents (83.1 percent) indicate that they always wear a seatbelt when they ride or drive in a car. When looking at those respondents who report occasional use (sometimes, seldom, or never), 10.1 percent of respondents reported occasional nonuse.

Clark County adults were also asked how often they wear a helmet when riding or driving a motorcycle. Ninety percent (90.0 percent) of respondents indicated they do not ride or drive a motorcycle. Of those respondents who do ride or drive a motorcycle, 35.8 percent (or 38 respondents) indicated that they never wear a helmet, while 42.5 percent (45 respondents) indicated that they always wear a helmet.

Smoke Detectors

Smoke detectors in the home are important to preventing injury and premature death. Approximately two percent of respondents (1.9 percent) do not have a smoke detector in their home. Of respondents with a smoke detector, 84.5 percent of respondents have tested their smoke detector in the past year, while 9.4 percent have not tested their smoke detector in a year or more.

CHAPTER 8- CHILDREN'S HEALTH

Clark County residents were also asked a series of questions pertaining to the health of their children. Responses to questions in this chapter will relate to the thirty-seven percent of total respondents (36.9 percent) indicating that they have children under the age of 18 living in their home. Almost thirty percent (31.9 percent) of all respondents indicated having children under the age of sixteen living in their household.

Immunizations

Almost all respondents (98.7 percent) indicated that their children were up-to-date in their immunizations. All of the respondents whose children are not up-to-date on their immunizations indicated that their children are not under the age of two. The 5 respondents who indicated their children were not up-to-date in their immunizations were asked why their children have not been immunized. A list of responses can be found in Appendix D.

Child Safety

Parents with children under the age of sixteen were asked how often their child rides in a car seat or wears a seat belt when riding in a car. Over ninety-five percent of respondents (96.0 percent) indicated that their child always uses a car seat or seatbelt, while 0.5 percent indicated that their child nearly always wears a seatbelt. Of the remaining respondents, 1.1 percent said sometimes and 2.2 percent (or 7 respondents) said that their child never wears a seatbelt.

Next, respondents were asked how often their child uses a helmet when riding a bicycle, skateboard, rollerblade, or four-wheeler. Over 20 percent of respondents (21.7 percent) indicated that their child has never ridden a bicycle, skateboard, rollerblades or four-wheeler. Of those respondents whose child has ridden a bicycle, skateboard, rollerblades or four-wheeler in the past year, 35.4 percent indicated that their child never uses a helmet, while 30.8 percent indicated that their child always uses a helmet. The remaining 24.9 percent of respondents reported occasional nonuse, indicating that their child nearly always (9.5 percent), sometimes (17.1 percent), or seldom (6.8 percent) uses a helmet.

Doctor and Dental Visits

Almost all respondents (97.7 percent) indicated their child has a primary care physician. Over two-thirds (67.9 percent) see a pediatrician while 25.6 percent visit a family practitioner and 4.2 percent are not sure whether the physician is a family practitioner or a pediatrician.

Nearly ninety percent of respondents (89.7 percent) indicated that they have taken their child for a routine check-up in the past 12 months. Five percent of respondents (5.1 percent) indicated that their child had been to the doctor within the last 1 to 2 years for a routine checkup.

Another 3.6 percent of respondents indicated that their child had not been to see a doctor for a routine checkup between two and five years, while 1.6 percent of respondents indicated that their child has not had a routine check-up in over five years.

Mental Health

Respondents were also asked if any of their children had been diagnosed with a mental health disorder, such as anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia. The majority of respondents (84.4 percent) indicated that none of their children have been diagnosed with a mental health disorder, while 15.6 percent of respondents indicated one of their children has been diagnosed with a mental health disorder of some kind. Crosstabs showed no significant difference among regions within the County. Almost sixty percent of respondents (59.1 percent) who have a child who has been diagnosed with a mental health disorder are receiving treatment from a primary care physician, while 19.5 percent of respondents indicated that their child is receiving treatment from a mental health agency.

Lifestyle Choices

Respondents were asked several questions concerning the lifestyle choices of their children.

Respondents were first asked how many fast food meals they believe their child has each week on average. Nearly sixty percent of respondents (59.2 percent) indicated their child eats between 1 to 2 fast food meals a week. Approximately one in five respondents (20.6 percent) indicated their child eats 3 or more fast food meals a week, while another twenty percent of respondents (20.1 percent) indicated their child usually does not eat any fast food meals on average.

Respondents were also asked how many hours their child spends watching TV or using the computer each week. More than one-quarter of respondents (28.5 percent) stated their child watches between 1 to 7 hours of TV a week. Eleven percent of respondents (11.3 percent) indicated their child watches more than 28 hours of TV a week, which is about 4 hours of TV per day.

CHAPTER 9- COMMUNITY ISSUES

Public health organizations are also concerned about general community issues, such as youth risk behaviors and neighborhood safety, as these issues impact social, personal and mental health. Clark County respondents were asked a series of questions pertaining to issues that are a concern to the general community.

First, respondents were asked to identify the most important health problem facing the community in their own opinion. The most frequently cited problems were obesity, substance abuse, health care and cancer. A complete list of responses can be found in Appendix D.

As a follow up to this question, respondents were asked how this problem could be reduced or eliminated. Responses varied, but generally respondents stated education would help eliminate some problems, while other respondents cited better diet and exercise. A complete list of all responses can be found in Appendix D.

Next, Clark County respondents were read a list and were asked to identify whether each issue is a problem in the neighborhood. The most commonly selected issues were drug sales and/or use (34.2 percent), crime excluding drug sales and/or use (27.9 percent) and teenage pregnancy (25.7 percent). The following table details all responses:

None	44.3%
Drug sales and/or use	34.2%
Crime, excluding drug sales and/or use	27.9%
Teenage Pregnancy	25.7%
Domestic violence	25.6%
Homelessness/Hunger	21.9%
Child abuse	16.0%
Guns or firearms	15.1%

Crosstabs by geographies within the county showed significant differences in regard to several of the potential neighborhood problems. The table below presents the neighborhood issues that were statistically significant by geography.

Do you feel _____ is a problem in your neighborhood?

	Region A Springfield	Region B Eastern	Region C Western
<i>Drug sales and/or use</i>	46.6%	22.0%	26.4%
<i>Crime, excluding drug sales/use</i>	35.9%	25.0%	19.7%
<i>Guns or firearms</i>	24.5%	9.7%	6.7%
<i>Homelessness/hunger</i>	26.9%	18.6%	17.5%
<i>Domestic violence</i>	31.3%	25.4%	18.3%

Respondents were also asked if they have had a problem finding adequate transportation, safe and adequate housing, or employment/services. Approximately sixteen percent of respondents (16.1 percent) indicated they have had a problem finding any of these, with the majority citing they had a problem finding employment/services (11.4 percent), 7.4 percent have had a problem finding adequate transportation and 2.7 percent have had trouble finding safe and adequate housing. Crosstabs by geographies within the County found significant differences among regions in problems finding adequate transportation and employment services. Differences among regions within the County pertaining to finding safe and adequate housing were not statistically significant.

Percent of respondents who have had trouble finding...

	Region A Springfield	Region B Eastern	Region C Western
<i>Adequate transportation</i>	11.6%	4.7%	3.9%
<i>Employment services</i>	15.3%	9.3%	7.8%

Lastly, respondents were asked if they were satisfied with the quality of their drinking water. Almost ninety percent (88.9 percent) of respondents expressed satisfaction with the quality of their drinking water. Crosstabs by geographies within the County showed significant differences among regions in regard to respondent satisfaction with the quality of their drinking water.

***Percent of respondents who are satisfied with
the quality of their drinking water***

Region A (Springfield)	93.3%
Region B (Eastern)	90.2%
Region C (Western)	82.5%

Chapter 10 – General Preparedness

Clark County residents were asked a series of questions about how prepared they are for a large-scale disaster or emergency. The term “large-scale disaster or emergency” was defined as an event that leaves people isolated in their homes or displaces them from their homes for at least 3 days. Such instances may include natural disasters such as hurricanes, tornados, floods, ice storms, or man-made disasters such as explosions, terrorist events, or blackouts.

First, residents were asked how well prepared they feel their household is to handle a large-scale disaster or emergency. Approximately one-quarter (24.4 percent) of respondents considered themselves well prepared, while the majority of respondents considered themselves somewhat prepared. The remaining 20.2 percent reported that their household was not prepared at all for a large-scale disaster or emergency.

Next, respondents were asked if they have a three-day supply of food, water and medication for everyone who lives in their household. The following list displays the percentage of respondents who responded “yes” to having the supplies.

- Three-day supply of water (61.5 percent)
- Three-day supply of nonperishable food (89.3 percent)
- Three-day supply of medications (74.8 percent)

Respondents were asked two questions about their preparation for the loss of electricity. Nearly three-quarters (73.3 percent) of respondents indicated they have a working battery operated radio with working batteries available for use if the electricity is out. More than nine out of ten respondents (94.3 percent) reported having a working flashlight and working batteries.

In regard to emergency communications, Clark County residents were asked what would be their main method or way of communicating with family or friends in the event of a large-scale disaster or emergency.

Over two-thirds of respondents (69.4 percent) reported that cell phones would be their main method of communication, while another 11.9 percent indicated that they would use regular home telephones. Less than one percent (0.8 percent) of respondents selected methods of communication such as email or two-way radios. In addition, 17.8 percent of respondents indicated that they would use some other method of communication.

Respondents were also asked what would be their main method or way of getting information from authorities in a large-scale disaster or emergency. The majority of respondents selected either radio (36.5 percent) or television (24.8 percent), while another 4.7 percent chose the internet. Approximately two percent (1.9 percent) of respondents chose methods such as print media or neighbors. Nearly one-third (32.1 percent) of respondents indicated they would use some other method of getting information from authorities.

Next, Clark County residents were asked a series of questions about evacuations in the case of a large-scale disaster or emergency. Approximately one in five respondents (21.0 percent) reported that their household has a written disaster evacuation plan for how they will leave their home. Crosstabs by geographies within the County showed a significant difference in the percent of respondents who have a written disaster evacuation plan.

Percent of respondents whose household has a written disaster evacuation plan

Region A (Springfield)	26.4%
Region B (Eastern)	17.6%
Region C (Western)	16.7%

When asked if they would evacuate if public authorities announced a mandatory evacuation from their community due to a large-scale disaster or emergency, over ninety-five percent (95.7 percent) reported that they would evacuate.

The 21 respondents (4.3 percent) who indicated that they would not evacuate were asked what would be the main reason they might not evacuate if asked to do so. Nearly two-thirds of these respondents (64.5 percent or 13 respondents) chose some other reason not listed in the response options.

Other responses are included in the list below.

- Concern about personal safety (11.6 percent)
- Lack of transportation (8.7 percent)
- Health problems (6.7 percent)
- Lack of trust in public officials (5.0 percent)
- Concern about leaving property behind (2.6 percent)

Appendix A: Survey Instrument

INT1. Hello, my name is _____. We are conducting a survey commissioned by the Clark County Health Department to find out about health practices of people living in Clark County. The survey is strictly for research purposes to identify specific health needs correctly. The survey takes about 15 minutes. May I speak to the adult who is 18 or over?

- 0. No (*set up a time to call back*)
- 1. Yes

Is this household located in Clark County, Ohio?

- 1. Yes
- 2. No

Your household qualifies for the survey. In order for our results to be scientifically valid, we need to randomly pick an adult within your household to interview. How many members of your household, including yourself, are 18 years of age or older?

How many of these adults are men and how many are women?

- 1. Men (how many?)
- 2. Women (how many?)
- 3. Exit

Please take a moment to think about the birthday of all adults in your household. Of those who are 18 or older, who most recently had a birthday?

- 1. Me
- 2. Someone else
- 3. Don't know (schedule callback)

Please take a moment to think about the birthday of all adults in your household. Of those who are 18 or older, who will have the next birthday?

- 1. Me
- 2. Someone else
- 3. Don't know (schedule callback)

May I speak with (him/her), please?

- 1. Yes

2. No (schedule callback)

Are you the adult?

1. Yes
2. No

May I speak with that adult?

1. Yes
2. They are unavailable- obtain name of the individual, schedule callback, thank, and terminate.

Hello, I am calling for the Clark county health department. My name is _____. We are gathering information about the health of Clark County residents. This project is conducted by the health department with assistance from the centers for disease control and prevention. Your telephone number has been chosen randomly, and I would like to ask some questions about health and health practices. Before we begin, I want to assure you that your participation is anonymous and your answers will be kept completely confidential. No information that identifies you will ever be used. Also, if you do not feel comfortable answering any of the questions, just ask me to go on. I really appreciate your time.

Section 1: Health Status

1. Would you say that in general your health is

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

7. Don't know
9. Refused

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (Not good means...whatever it means to you).

_____ Days

00. None
77. Don't know/not sure
99. Refused

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

_____ Days (*If Q.2 and Q.3 are none go to Q.5*)

- 00. None
- 77. Don't know
- 99. Refused

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

_____ Days

- 00. None
- 77. Don't know
- 99. Refused

Section 2: Health Care Access

5. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian health services?

- 1. Yes
- 2. No (*Skip to Q. 7*)
- 7. Don't know (*Skip to Q. 9*)
- 9. Refused (*Skip to Q. 9*)

6. What kind of health insurance do you have? (*Select all that apply*)

- 1. Self-insured
- 2. Medicaid/public assistance/Medicare
- 3. Molina
- 4. Amerigroup
- 5. Military
- 6. Employer
- 7. Other (*please specify*)
- 8. None
- 9. Don't know
- 10. Refused
- 11. Exit

(If respondent answers Q. 6, skip to Q. 9)

7. What is the main reason you are without health care coverage?

**** *Do not read* ****

1. Lost or changed employer
2. Spouse of parent lost job or changed employers
3. Became divorced or separated
4. Spouse or parent died
5. Became ineligible because of age or because left school
6. Employer doesn't offer or stopped offering coverage
7. Cut back to part-time or became temporary employee
8. Benefits from employer or former employer ran out
9. Couldn't afford to pay premium
10. Insurance company refused coverage
11. Lost Medicaid or medical assistance eligibility
12. Other (specify) (*specify and record*)
13. Don't know
14. Refused

8. About how long has it been since you had health care coverage?

**** *Read only if necessary* ****

1. Never
2. Less than 6 months
3. 6 months, but less than a year ago
4. 1 year, but less than 2 years ago
5. 2 years, but less than 5 years ago
6. 5 or more years
7. Don't know
9. Refused

Section 3: Health Care Utilization

9. About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

**** *Read only if necessary* ****

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago
7. Don't know

9. Refused
10. Is there a particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

- 1. Yes
- 2. No (*Skip to Q. 12*)
- 7. Don't know (*Skip to Q.13*)
- 9. Refused (*Skip to Q.13*)

11. What kind of place is it? Would you say: (*Select all that apply*)

- 1. Doctor's office or HMO
- 2. Clinic or health center
- 3. Hospital outpatient department
- 4. Hospital emergency room
- 5. Urgent care center
- 6. Some other kind of place
- 7. Don't know

- 77. Refused
- 99. Exit

(If respondent answers Q. 11, skip to Q. 13)

12. What is the main reason you don't have a usual source of medical care?

**** *Do not read – Select one*****

- 1. My doctor doesn't accept my health insurance
- 2. Doctor is not accepting new patients
- 3. Can't afford
- 4. Do not have a doctor
- 5. Do not know where to go
- 6. Do not like/trust/believe in doctor
- 7. Have not needed a doctor
- 8. Lack transportation
- 9. No insurance
- 10. No place is available/close enough/convenient
- 11. Previous doctor is not available/moved
- 12. Other (*Please specify*)

- 77. Don't know
- 99. Refused

13. Was there a time in the last 12 months when you needed to see a doctor, but could not because of the cost?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

Section 4: Vision

14. When was the last time you had your eyes examined by any doctor or eye care provider?

- 1. Less than 1 month (*Skip to Q. 16*)
- 2. One month but less than 12 months (*Skip to Q. 16*)
- 3. 1 year but less than 2 years
- 4. More than 2 years
- 5. Never
- 6. Not applicable (blind) (*Skip to Q. 16*)
- 7. Don't know
- 9. Refused

15. What is the main reason you have not visited an eye care professional in the past 12 months?

- 1. Cost/insurance
- 2. Do not have/know an eye doctor
- 3. Cannot get to office/clinic (too far away, no transportation)
- 4. Could not get appointment
- 5. No reason to go (no problem)
- 6. Have not thought of it
- 7. Other (*Please specify*)
- 8. Don't know
- 9. Refused

Section 5: Oral Health

16. How long has it been since you last visited the dentist or dental clinic for any reason?

*****Read only if necessary*****

- 1. Never
- 2. Less than 1 year ago
- 3. 1 year, but less than 2 years ago

- 5. 2 years, but less than 5 years ago
- 6. 5 or more years

- 7. Don't know
- 9. Refused

17. What is the main reason you have not visited the dentist in the last year?

*****Do not read – select one main reason*****

- 1. Dentist doesn't accept my insurance
- 2. Dentist doesn't accept new patients
- 3. Fear, apprehension, nervousness, pain, dislike going
- 4. Cost
- 5. No insurance
- 6. Do not have/know dentist
- 7. Cannot get to the office/clinic (too far away, no transportation, no appointments available)
- 8. No reason to go/no problem with teeth
- 9. Other priorities
- 10. Haven't thought of it
- 11. Other (*Please specify*)
- 77. Don't know
- 99. Refused

18. How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection but do not include teeth lost for other reasons, such as injury or orthodontics. If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the lost teeth count.

NOTE: If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth.

- 1. Zero
- 2. 1 to 5
- 3. 6 or more but not all
- 4. All
- 7. Don't know
- 9. Refused

Section 6: Health Issues

The next set of questions deals with health issues that may be affecting you.

19. Did a doctor ever tell you that you had asthma?

- 1. Yes
- 2. No (*Skip to Q. 22*)
- 7. Don't know
- 9. Refused

20. During the past 12 months, have you had an episode of asthma or an asthma attack?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

21. During the past 12 months, have you had to visit an emergency room or urgent care center because of asthma?

- 1. Yes
- 2. No
- 3. Did not have attack in last 12 months
- 7. Don't know
- 9. Refused

22. About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

****Read only if necessary****

- 1. Never
- 2. Less than 6 months
- 3. 6 months but less than 1 year ago
- 4. 1 year, but less than 2 years ago
- 5. 2 years, but less than 5 years ago
- 6. 5 or more years ago
- 7. Don't know

9. Refused
23. Have you ever been told by a doctor, nurse, or other health professional (nurse practitioner, physician's assistant, or some other licensed health professional) that you have high blood pressure?

1. Yes
2. Yes, but female told only during pregnancy (*Skip to Q. 25*)
3. No (*Skip to Q. 25*)
4. Told borderline high or pre-hypertensive
7. Don't know (*Skip to Q. 25*)
9. Refused (*Skip to Q. 25*)

24. What if anything are you doing now to help control your high blood pressure? Are you:

*****Read list – select all that apply*****

1. Taking medication
2. Dieting to lose weight
3. Cutting down salt
4. Exercising
5. Other (*Please specify*)
6. None
7. Does not apply/currently don't have condition
8. Don't know
9. Refused
10. Exit

Section 7: Cholesterol Awareness

25. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

1. Yes
2. No (*Skip to Q. 29*)
7. Don't know (*Skip to Q. 27*)
9. Refused (*Skip to Q. 27*)

26. About how long has it been since you last had your blood cholesterol checked?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago
7. Don't know

9. Refused

27. Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

1. Yes

2. No

7. Don't know

9. Refused

28. What, if anything, are you doing now to help control your blood cholesterol?

*****Read choices – select all that apply*****

1. Dieting to lose weight

2. Cutting down on fat and cholesterol in your diet

3. Taking medication

4. Exercising

5. Other (*Please specify*)

6. None

7. Does not apply/currently don't have condition

8. Don't know

9. Refused

10. Exit

Section 8: Diabetes and Other Concerns

29. Have you ever been told by a doctor that you have diabetes or high blood sugar?

1. Yes

2. Yes, but female only during pregnancy

3. No

7. Don't know

9. Refused)

30. Have you had a test for high blood sugar or diabetes in the last three years?

1. Yes

2. No

7. Don't know

9. Refused

31. Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

- 1. Yes
- 2. No (*Skip to Q. 39*)
- 7. Don't know (*Skip to Q. 39*)
- 9. Refused (*Skip to Q. 39*)

32. How old were you when you were told you have diabetes?

_____ Years old

(0 if born with diabetes)

- 777. Don't know
- 999. Refused

33. What, if anything, are you doing now to control your diabetes or high sugar? Have you:

*******Read all choices – select all that apply*******

- 1. Made changes in your diet
- 2. Take oral medication
- 3. Take insulin
- 4. Other (***Please specify***)
- 5. None
- 6. Don't know
- 7. Refused
- 8. Exit

34. About how many times per day or per week do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- 0. None
- 1. Answer given in times per day
- 2. Answer given in times per week
- 7. Don't know
- 9. Refused

35. A test for hemoglobin "a one c" measures the average level of blood sugar over the past 3 months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "a one c".

_____ Times

- 0. None
- 8. Never heard of the "a one c" test

- 77. Don't know
- 99. Refused

36. What, if any, health related concerns have you experienced that are related to having diabetes? Have you had

******Read list – select all that apply******

- 1. Sores on your feet (open areas)
- 2. Numbness in your feet or fingers
- 3. Difficulty with your vision (including retinopathy)
- 4. Dizziness, confusion, or light-headedness
- 5. Kidney/renal disease
- 6. Anything else (*Please specify*)
- 7. None
- 8. Don't know
- 9. Refused
- 10. Exit

37. Have you ever taken a course or class in how to manage your diabetes yourself?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

38. Has a doctor ever told you that you had any of the following?

**** **Read List** ****

- 1. Heart attack of myocardial infarction (*Skip to Q.41*)
- 2. Angina or coronary heart disease (*Skip to Q.41*)
- 3. Stroke (*Skip to Q.41*)
- 4. Other heart problems (*Please specify*)
- 5. No heart problems
- 6. Don't know
- 7. Refused
- 8. Exit

39. Has a doctor ever told you that you were at risk for heart disease or stroke?

- 1. Yes

2. No

7. Don't know

9. Refused

40. Do you take aspirin daily or every other day to reduce the chance of heart attack or stroke?

1. Yes

2. No

7. Don't know

9. Refused

(If responses to Q.39 and Q.40 were no, then go to Q.42)

41. Do you take medication, other than aspirin, for heart problems?

1. Yes

2. No

7. Don't know

9. Refused

42. When you go outside on a sunny summer day for more than one hour how often do you protect yourself from the sun? Protecting yourself includes such things as staying in the shade, wearing sunscreen/sun-block or protective clothing such as a hat or long sleeves?

1. Always

2. Nearly always

3. Sometimes

4. Seldom

5. Never

6. Don't stay out for more than one hour

7. Don't know

9. Refused

43. Did a doctor ever tell you that you were at risk for cancer?

1. Yes

2. No

7. Don't know

9. Refused

Section 9: Exercise

The next few questions are about weight and exercise.

44. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, gardening, golf, or walking for exercise

1. Yes
2. No (*Skip to Q. 48*)
7. Don't know (*Skip to Q. 48*)
9. Refused (*Skip to Q. 48*)

45. What type of physical activity or exercise did you spend the most time doing during the past month?
(*Open-ended Question*)

46. How many times per week or per month did you take part in this activity?

1. Answer given in times per week
2. Answer given in times per month
7. Don't know
9. Refused

47. And when you took part in this activity, on average, how many minutes did you usually keep at it?

1. Less than 15 minutes
2. 15 to 29 minutes
3. 30 to 44 minutes
4. 45 to 59 minutes
5. 60 to 89 minutes (at least an hour, but less than an hour and a half)
6. 90 minutes to 2 hours (at least an hour and a half, but less than 2 hours)
7. 2 hours or more
8. Don't know
9. Refused

Section 10: Weight Control

48. Are you now trying to lose weight?

1. Yes (*Skip to Q. 50*)
2. No
7. Don't know

9. Refused

49. Are you now trying to maintain your current weight, that is, to keep from gaining weight?

- 1. Yes
- 2. No (*Skip to Q. 52*)

- 7. Don't know
- 9. Refused

50. Are you eating fewer calories, less fat, or fewer carbs to control your weight?
(*Select all that apply*)

- 1. Fewer calories
- 2. Less fat
- 3. Fewer carbs
- 4. None of the above
- 5. Don't know
- 6. Refused
- 7. Exit

51. Are you using physical activity or exercise to control your weight?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

52. In the past 12 months, has a doctor, nurse, or other health professional told you that you need to lose weight?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

53. Where do you receive most of your information about weight control issues?

- 1. Doctor
- 2. Nurse/other health professional
- 3. Friend/family member
- 4. Newspaper
- 5. Magazines

- 6. Television
- 7. Other
- 8. None
- 9. Don't know
- 10. Refused
- 11. Exit

54. Are you limited in any way in your daily activities because of an impairment or health problem?

- 1. Yes
- 2. No (*Skip to Q. 57*)
- 7. Don't know/not sure (*Skip to Q. 57*)
- 9. Refused (*Skip to Q. 57*)

55. What is the major impairment or health problem that limits your activities?

- 1. Arthritis/ rheumatism
- 2. Back or neck problem
- 3. Fractures, bone/joint injury
- 4. Walking problem
- 5. Lung/breathing problem
- 6. Hearing problem
- 7. Eye/vision problem
- 8. Heart problem
- 9. Stroke problem
- 10. Hypertension/ high blood pressure
- 11. Diabetes
- 12. Cancer
- 13. Depression/anxiety/emotional problem
- 14. Chronic pain
- 15. Chemical dependency
- 16. Other impairment/problem
- 17. Don't know
- 18. Refused
- 19. Exit

56. Do you need the help of other persons with any of the following because of any impairment or health problem?

- 1. Bathing
- 2. Dressing
- 3. Grooming
- 4. Toileting (bowel or bladder control/going to bathroom)
- 5. Eating

6. Walking (mobility)
7. None
8. Don't know
9. Refused
10. Exit

57. What is the main reason, if any; you did not get enough rest or sleep during the past month?

1. Depression
2. Diagnosed sleep disorder
3. Family related
4. Job/work/school related
5. Neighborhood safety issues
6. Medical condition/pain
7. Stress
8. Other
9. I did get enough sleep/do not have condition
10. Don't know
11. Refused

Section 11: Injury Control

58. How often do you use seat belts when you drive or ride in a car? Would you say:

1. Always
2. Nearly always
3. Sometimes
4. Seldom
5. Never
6. Never ride or drive in a car
7. Don't know
9. Refused

59. How often do you wear a helmet when you drive or ride a motorcycle?

1. Always
2. Nearly always
3. Sometimes
4. Seldom
5. Never
6. Never ride or drive a motorcycle

- 7. Don't know
- 9. Refused

60. When was the last time you or someone else deliberately tested all the smoke detectors in your home (you test an alarm by pressing the test button or holding a source of smoke near them)

- 1. Never
- 2. Less than 1 month ago
- 3. 1 month, but less than 6 months ago
- 4. 6 months, but less than 1 year ago
- 5. 1 year ago or more
- 6. No smoke detectors in home
- 7. Don't know
- 9. Refused

Section 12: Tobacco Use

61. Have you smoked at least 100 cigarettes, or 5 packs, in your life?
(5 packs=100 cigarettes)

- 1. Yes
- 2. No (*Skip to Q. 66*)
- 7. Don't know
- 9. Refused

62. Do you smoke cigarettes now?

- 1. Yes (*Skip to Q. 64*)
- 2. No
- 7. Don't know (*Skip to Q. 64*)
- 9. Refused (*Skip to Q. 64*)

63. How long has it been since you last smoked cigarettes regularly, that is, daily?

*****Read only if necessary*****

- 0. Never smoked regularly
- 1. Less than one month
- 2. 1 month, but less than 3 months ago
- 3. 3 months, but less than 6 months ago
- 4. 6 months, but less than 1 year ago
- 5. 1 year, but less than 5 years ago
- 6. 5 years, but less than 15 years ago

7. 15 or more years ago

8. Don't know

9. Refused

(If respondent answers Q. 63, skip to Q. 66)

64. On the average, about how many cigarettes a day or a week do you now smoke?

1. Answer given in times per day

2. Answer given in times per week

7. Don't know

9. Refused

65. During the past 12 months, have you quit smoking for 1 day or longer?

1. Yes

2. No

7. Don't know

9. Refused

66. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?
(Chewing tobacco is long leaf tobacco; snuff is fine cut tobacco.)

1. No, neither

2. Chewing tobacco

3. Snuff

4. Both

7. Don't know

9. Refused

Section 13: Alcohol Consumption

67. During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

1. Yes

2. No

7. Don't know

9. Refused

68. During the past month, how many times per week or per month did you drink any alcoholic beverages, on the average?

- 1. Answer given in times per week
- 2. Answer given in times per month

- 7. Don't know
- 9. Refused

69. On the days when you did drink, about how many drinks did you have on the average? (a drink is 1 can or bottle of beer, 1 glass of wine, 1 cocktail, or 1 shot of liquor).

_____ number of drinks

- 77. Don't know
- 99. Refused

70. Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

_____ number of occasions

- 77. Don't know
- 99. Refused

71. During the past month, how many times have you driven when you've perhaps had too much to drink?

_____ number of times driven when had too much

- 77. Don't know
- 99. Refused

Section 14: Drug Use

72. During the past 6 months, have you used any of the following:

- 1. Marijuana or hashish
- 2. Amphetamines, methamphetamines, or speed
- 3. Cocaine, crack, or coca leaves
- 4. Heroin
- 5. LSD, mescaline, peyote, psilocybin (shrooms), DMT, or mushrooms
- 6. Inhalants such as glue, toluene gasoline, or paint

7. Ecstasy or E
8. I have not used any of these substances in past 6 months
9. Don't know
10. Refused
11. Exit

73. How frequently have you used the drugs you just identified during the past 6 months?

1. Almost every day
2. 3 to 4 days a week
3. 1 or 2 days a week
4. A few times a month
5. 1 to 3 days a month
6. Less than once a month
7. Don't know
9. Refused

74. Have you used any of the following medications during the past 6 months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert?

1. Oxycontin
2. Tranquilizers such as valium or Xanax, sleeping pills, barbiturates, seconal
3. Codeine, Demerol, morphine, percodan, methadone, darvon, or dilaudid
4. I have not used any of these in the past 6 months
5. Don't know
6. Refused
7. Exit

75. How frequently have you used the medications you just identified during the past 6 months?

1. Almost every day
2. 3 to 4 days a week
3. 1 or 2 days a week
4. A few times a month
5. 1 to 3 days a month
6. Less than once a month
7. Don't know
9. Refused

76. Where did you obtain these drugs that were not prescribed to you?

77. As a result of using drugs, have you regularly failed to fulfill obligations at work or home, placed yourself in dangerous situations, or had legal problems?

- 1. Yes
- 2. No
- 3. I do not use drugs

- 7. Don't know
- 9. Refused

Section 15: Demographics

78. What is your age?

- 777. Don't know
- 999. Refused

79. What is your race or ethnicity?

- 1. White
- 2. African-American
- 3. Asian pacific islander
- 4. Hispanic/Latino
- 5. American Indian, Alaska native
- 6. Another race
- 7. Don't know
- 8. Refused
- 9. Exit

80. Have you ever served on active duty in the united states armed forces, either in the regular military or in a national guard or military reserve unit? Active duty does not include training for the reserves or national guard, but does include activation, for example, for the Persian gulf war.

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

Section 16: Veteran's Health

The next questions relate to veteran's health.

81. Did you ever serve in a combat or war zone?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

82. Has a doctor or other health professional ever told you that you have depression, anxiety, or post traumatic stress disorder (ptsd)?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

83. A traumatic brain injury may result from a violent blow to the head or when an object pierces the skull and enters the brain tissue. Has a doctor or other health professional ever told you that you have suffered a traumatic brain injury (TBI)?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

84. In the past 12 months, did you receive any psychological or psychiatric counseling or treatment?

- 1. Yes, from a VA facility
- 2. Yes, from a non-VA facility
- 3. Yes from both VA and non-VA facilities
- 4. No
- 7. Don't know
- 9. Refused

Section 15: Demographics Continued

85. Are you currently:

- 1. Married

2. Divorced
3. Widowed
4. Separated
5. Never been married
6. A member of an unmarried couple
7. Don't know
9. Refused

86. What is the highest grade or year of school you completed?

1. Never attended school or kindergarten only
2. Grades 1 through 8 (elementary)
3. Grades 9 through 11 (some high school)
4. Grade 12 or GED (high school graduate)
5. College 1 year to 3 years (some college or technical school)
6. College 4 years or more (college graduate)
7. Don't know
9. Refused

87. Are you currently:

1. Employed for wages
2. Self-employed
3. Out of work for 1 year or longer
4. Out of work for less than 1 year
5. A homemaker
6. Active military
7. A student
8. Retired
9. Unable to work
10. Something else
11. Don't know
12. Refused

88. Is your total annual household income from all sources before taxes:

1. Less than 10,000
2. 10,001-15,000
3. 15,001-20,000
4. 20,001-25,000
5. 25,001-35,000
6. 35,001-50,000
7. 50,001-75,000

8. Over 75,000

9. Don't know

10. Refused

89. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

1. Yes

2. No

7. Don't know

9. Refused

90. How many of these telephone numbers are residential numbers?

7. Don't know

9. Refused

91. During the past 12 months, has your household been without landline telephone service for 1 week or more? Do not include interruptions of landline telephone service because of weather or natural disasters.

1. Yes

2. No

7. Don't know

9. Refused

92. Do you have a cell phone for personal or business use? Please include cell phones used for both business and personal use.

1. Yes

2. No

7. Don't know

9. Refused

93. Do you share a cell phone for personal use (at least one-third of the time) with any other adults?

1. Yes

2. No

7. Don't know

9. Refused

94. Do you usually share this cell phone (at least one-third of the time) with other adults?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

95. Thinking about all the phone calls that you receive on your landline and cell phone, what percent, between 0 and 100 are received on your cell phone?

- 000. Zero
- 777. Don't know
- 999. Refused

96. How many members of your household, including yourself, are 18 years of age or older?

- 77. Don't know
- 99. Refused

97. How tall are you without shoes? (feet)

- 0. 0
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. Don't know
- 9. Refused

98. Inches

- 0. 0
- 1. 1
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7

- 8. 8
- 9. 9
- 10. 10
- 11. 11
- 12. Don't know

99. About how much do you weigh without shoes?

- 777. Don't know
- 999. Refused

100. Is the respondent male or female?

- 1. Male
- 2. Female

Section 17: Children's Health

101. How many children live in your household who are under 18 years of age?

- 0. None
- 77. Don't know
- 99. Refused

102. Is this child (children) up to date in their immunizations?

- 1. Yes
- 2. No
- 3. Some are/some are not
- 7. Don't know
- 9. Refused

103. Why have you not immunized your children (child)?

104. Are any of the children who are not up-to-date on their immunizations under the age of two?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

105. What is the age of the oldest child in your household under the age of 16? (do not include 16 year olds)

- 0. Baby under 1 year old
- 17. No children under age 16
- 18. Don't know
- 19. Refused

106. How often does your oldest child under 16 use a car safety seat or seat belt when they ride in a car? Would you say:

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- 5. Never
- 6. Never rides in a car
- 7. Don't know
- 9. Refused

107. Thinking about this same child, during the past year, how often has this child worn a bicycle helmet when riding a bicycle, skateboard, rollerblades, or four wheeler/ATV? Would you say:

- 1. Always
- 2. Nearly always
- 3. Sometimes
- 4. Seldom
- 5. Never
- 6. Never rides a bike, skateboard, rollerblades, or four wheeler
- 7. Don't know
- 9. Refused

108. About how long has it been since this child last visited a doctor for a routine check-up?

- 1. Never
- 2. Less than one year ago
- 3. 1 year, but less than 2 years ago
- 4. 2 years, but less than 5 years ago
- 5. 5 or more years ago
- 7. Don't know
- 9. Refused

109. Does this child currently have a primary care physician?

- 1. Yes, pediatrician
- 2. Yes, family practitioner
- 3. Yes, but doesn't know which
- 4. No

- 7. Don't know
- 9. Refused

110. On average, about how many fast food meals does this child have each week?

- 77. Don't know
- 99. Refused

111. On average, about how many hours does this child spend watching TV or using the computer each week?

- _____ Hours each week
- 77. Don't know
- 99. Refused

112. Have any of your children ever been diagnosed with a mental health disorder, including anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

113. Where, if anywhere, is your child receiving treatment for this mental health disorder?

- 1. Primary care physician
- 2. Mental health agency
- 3. Other

- 7. Don't know
- 9. Refused

Section 18: Men's Health

The next few questions are about preventative health measures.

114. A prostate-specific antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. How long has it been since you had your last PSA test?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago)
5. Never

7. Don't know
9. Refused

115. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. How long has it been since you had your last digital rectal exam?

1. Within the past year (anytime less than 12 months ago)
2. Within the past 2 years (1 year but less than 2 years ago)
3. Within the past 5 years (2 years but less than 5 years ago)
4. 5 or more years ago)
5. Never

7. Don't know
9. Refused

116. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

1. Yes
2. No

7. Don't know
9. Refused

Section 19: Women's Health

The next few questions are about preventative health measures.

117. Have you ever had a clinical breast exam by a medical professional?

1. Yes
2. No

7. Don't know
9. Refused

118. How long has it been since your last breast exam?

1. Less than 1 year ago

2. 1 year, but less than 2 years ago
3. 2 years but less than 3 years ago
4. 3 years but less than 5 years ago
5. 5 years ago or more

7. Don't know
9. Refused

119. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've had breast cancer?

1. Routine checkup
2. Breast problem other than cancer (including suspected cancer)
3. Had/have breast cancer

7. Don't know
9. Refused

120. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

1. Yes
2. No

7. Don't know
9. Refused

121. How long has it been since you had your last mammogram?

1. Less than 1 year ago
2. 1 year, but less than 2 years ago
3. 2 years but less than 3 years ago
4. 3 years but less than 5 years ago
5. 5 years ago or more

7. Don't know
9. Refused

122. About how many mammograms have you had in the last five years?

16. Don't know
17. Refused

123. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

1. Routine checkup
2. Breast problem other than cancer (including suspected cancer)
3. Had/have breast cancer
7. Don't know
9. Refused

124. A pap smear is a test for cancer of the cervix. Have you ever had a pap smear?

1. Yes
2. No
7. Don't know
9. Refused

125. How long has it been since you had your last pap smear?

1. Less than 1 year ago
2. 1 year, but less than 2 years ago
3. 2 years but less than 3 years ago
4. 3 years but less than 5 years ago
5. 5 years ago or more
7. Don't know
9. Refused

126. Was your last pap smear done as part of a routine exam, or to check a current or previous problem?

1. Routine exam
2. Check current or previous problem
3. Other
7. Don't know
9. Refused

127. Have you had a hysterectomy? (operation to remove the uterus or womb)

1. Yes
2. No
7. Don't know
9. Refused

128. During your last pregnancy did you receive any type of formalized prenatal care?

1. Yes
2. No
3. Never been pregnant

7. Don't know
9. Refused

129. What type of pregnancy education or classes did you receive during your last pregnancy?

1. Prenatal classes/Lamaze
2. Breast feeding classes
3. Prenatal exercise
4. Brochures/books
5. Other
6. None
7. Don't know
8. Refused
9. Exit

130. Where did you receive this education?

1. Private doctor's office
2. Hospital
3. Public clinic
4. Other
5. None
6. Don't know
7. Refused
8. Exit

131. During your last pregnancy did you:

1. Smoke cigarettes
2. Drink alcoholic beverages
3. Use any street drugs
4. None of these
5. Don't know
6. Refused
7. Exit

Section 20: Colorectal Cancer Screening

132. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

133. When did you have your last blood stool test using a home kit?

- 1. Less than 1 year ago
- 2. 1 year, but less than 2 years ago
- 3. 2 years, but less than 3 years ago
- 4. 3 years, but less than 5 years ago
- 5. 5 or more years ago

- 7. Don't know
- 9. Refused

134. A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems? Have you ever had this exam?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

135. When did you have your last sigmoidoscopy or colonoscopy test?

- 1. Less than 1 year ago
- 2. 1 year, but less than 2 years ago
- 3. 2 years, but less than 3 years ago
- 4. 3 years, but less than 5 years ago
- 5. 5 or more years ago

- 7. Don't know
- 9. Refused

Section 21: Immunization

136. In the past 12 months, did you receive a seasonal flu vaccine, either by receiving a shot or nasal mist? This does not include the swine flu vaccine, but rather, the seasonal flu?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

137. Have you ever had a pneumonia vaccination? (this shot is usually given once in a person's lifetime)

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

Section 22: Mental Health

138. During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

139. When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you:

- 1. Had a weight/appetite change
- 2. Had trouble sleeping/slept too much
- 3. Woke up before you wanted
- 4. Felt fatigued, no energy
- 5. Felt extremely restless or slowed down
- 6. Had trouble thinking or concentrating
- 7. Lost interest in most things
- 8. Felt worthless or hopeless
- 9. Thought about death or suicide
- 10. Attempted suicide
- 11. None of the above
- 12. Don't know
- 13. Refused
- 14. Exit

140. During the past 12 months, did you ever seriously consider attempting suicide?

- 1. Yes
- 2. No
- 7. Don't know

9. Refused

141. During the past 12 months how many times did you actually attempt suicide?

- 1. 0 times
- 2. 1 time
- 3. 2 or 3 times
- 4. 4 or 5 times
- 5. 6 or more times

7. Don't know
9. Refused

142. If you felt depressed or suicidal, would you know where to go or who to talk to?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

143. Who would you talk to?

Section 23: STD Knowledge and Awareness

The next few questions are about sexually transmitted diseases. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

144. Have you ever knowingly had your blood tested for HIV?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

145. During the past 12 months, with how many people have you had sexual intercourse?

777. Don't know
999. Refused

146. Was a condom used the last time you had sexual intercourse?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

147. In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases (such as HIV, syphilis, gonorrhea, Chlamydia, or genital herpes) through condom use?

- 1. Yes
- 2. No

- 7. Don't know
- 9. Refused

148. I'm going to read you a list, when I'm done, please tell me if any of the situations apply to you. You do not need to tell me which ones.

- You have used intravenous drugs in the past year
- You have been treated for a sexually transmitted or venereal disease in the past year
- You have given or received money or drugs in exchange for sex in the past year
- You had anal sex without a condom in the past year

Do any of these apply?

- 1. Yes, at least one of the above apply
- 2. No, none of these apply

- 7. Don't know
- 9. Refused

Section 24: Community Issues

Finally, we would like to ask you about a few issues which affect you and your community.

149. Overall what is the most important health problem facing your community.

150. In your opinion, how can this problem be reduced or eliminated?

151. Do you feel any of these are a problem in your neighborhood?

- 1. Teen pregnancy
- 2. Drug sales/and/or use

3. Crime, excluding drug sales/use
4. Guns or firearms
5. Homelessness/hunger
6. Domestic violence
7. Child abuse
8. None
9. Don't know
10. Refused
11. Exit

152. Have you had a problem finding:

1. Adequate transportation
2. Safe and adequate housing
3. Employment / services
4. None of these
5. Other
6. Don't know
7. Refused
8. Exit

153. Are you satisfied with the quality of your drinking water?

1. Yes
2. No
7. Don't know
9. Refused

Section 25: Large Scale Disasters

The next series of questions asks about how prepared you are for a large-scale disaster or emergency. By large-scale disaster or emergency, we mean any event that leaves you isolated in your home or displaces you from your home for at least 3 days. This might include natural disasters such as hurricanes, tornados, floods, and ice storms, or man-made disasters such as explosions, terrorist events, or blackouts.

154. How well prepared do you feel your household is to handle a large-scale disaster or emergency? Would you say:

1. Well prepared
2. Somewhat prepared
3. Not prepared at all
7. Don't know
9. Refused

155. Does your household have a 3-day supply of water, for everyone who lives there? A 3-day supply of water is 1 gallon of water per person per day.

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

156. Does your household have a 3-day supply of nonperishable food for everyone who lives there? By nonperishable food, we mean food that does not require refrigeration or cooking.

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

157. Does your household have a 3-day supply of prescription medications for each person who takes prescribed medicines?

- 1. Yes
- 2. No
- 3. No one in the household requires prescribed medicine
- 7. Don't know
- 9. Refused

158. Does your household have a working battery operated radio with working batteries for your use if the electricity is out?

- 1. Yes
- 2. No
- 7. Don't know
- 9. Refused

159. Does your household have a working flashlight and working batteries for your use if the electricity is out?

- 1. Yes
- 2. No
- 7. Don't know

9. Refused

160. In a large-scale disaster or emergency, what would be your main method or way of communicating with relatives and friends?

1. Regular home telephones
2. Cell phones
3. E-mail
4. Pager
5. 2-way radios
6. Other
7. Don't know
9. Refused

161. What would be your main method or way of getting information from authorities in a large-scale disaster or emergency?

1. Television
2. Radio
3. Internet
4. Print media
5. Neighbors
6. Other
7. Don't know
9. Refused

162. Does your household have a written disaster evacuation plan for how you will leave your home, in case of a large-scale disaster or emergency that requires evacuation?

1. Yes
2. No
7. Don't know
9. Refused

163. If public authorities announced a mandatory evacuation from your community due to a large-scale disaster or emergency, would you evacuate?

1. Yes
2. No
7. Don't know
9. Refused

164. What would be the main reason you might not evacuate if asked to do so?

1. Lack of transportation
2. Lack of trust in public officials
3. Concern about leaving property behind
4. Concern about personal safety
5. Concern about family safety
6. Concern about leaving pets
7. Concern about traffic jams and inability to get out
8. Health problems (could not be moved)
9. Other

10. Don't know
11. Refused

That was my last question. Everyone's answers will be combined to give us information about the health practices of people in this county. Thank you very much for your time and cooperation. I really appreciate you taking the time to talk with me.

Do you have any additional comments or questions?

Appendix B: State and Nation Comparison

	Clark County 2012		State of Ohio 2010				Nationwide (States & DC) 2010	
Key Variable	Percent	Sample Size	Percent	Sample Size	N	Sample- N	Median	Balance
General Health - Fair or Poor	23.2%	1,050	16.1%*	9,816	1,995	7,821	14.7%*	85.3%
Had days when physical/mental health limited activities	23.1%	1,053	21.8%	9,813	2,619	7,194	21.2%	78.8%
No Health Care Coverage	15.7%	1,050	12.8%*	9,826	972	8,854	15.0%	85.0%
High Blood Pressure – Ever Told ²⁰⁰⁹	39.5%	1,050	31.7%*	9,749	4,018	5,731	28.7%*	71.3%
Cholesterol - Ever Checked ²⁰⁰⁹	81.2%	1,022	81.4%	9,618	8,542	1,076	80.8%	19.2%
Cholesterol - Checked within Five Years (all respondents) ²⁰⁰⁹	77.6%	990	77.5%	9,535	8,124	1,411	77.0%	33.0%
High Cholesterol ²⁰⁰⁹	41.2%	826	39.6%	8,476	3,810	4,666	37.5%^	62.5%
Diabetes	13.5%	1,052	10.1%*	1,569	194	1,375	8.7%*	89.1%
No Physical Activity	30.1%	1,049	26.1%*	9,842	2,960	6,882	23.9%*	76.1%
Weight- Overweight or Obese	76.9%	468	65.7%*	9,310	6,251	3,059	64.5%*	35.5%
Do Not Currently Smoke	78.8%	1,051	77.5%	9,804	7,819	1,985	82.7%*	17.3%
Did Not Drink Alcohol - Past Month	51.3%	1,052	46.8%*	9,694	4,528	5,166	45.4%*	54.6%
Binge Drinking (5 or more drinks on one occasion)	16.2%	1,032	17.2%*	9,605	1,065	8,540	15.1%	84.9%
During the past month, driven at least once after having too much to drink	2.8%	1,053	2.5%^	9,660	136	9,524	1.8%^	98.2%
Asthma - Ever Told	17.2%	1,053	13.8%*	9,827	1,315	8,512	13.8%*	86.2%
Adults Who Have Had Flu Shot (65+)	71.4%	237	64.8%	3,084	1,964	1,120	67.5%	32.5%
Adults Who Have Had Pneumonia (65+)	71.9%	232	68.5%	2,993	2,010	983	68.8%	31.2%

	Clark County 2012		State of Ohio 2010				Nationwide (States & DC) 2010	
Key Variable	Percent	Sample Size	Percent	Sample Size	N	Sample- N	Median	Balance
Mammogram (40+) – within last 2 Years	73.6%	401	74.2%	5,019	3,801	1,218	75.2%	24.8%
Pap Smear - within last 3 years	75.6%	346	81.7%*	4,058	3,195	863	81.3%*	18.7%
No PSA Test (40+) – within last 2 Years	47.9%	331	45.6%	2,781	1,126	1,655	46.8%	53.2%
Never had a Sigmoidoscopy or Colonoscopy (50+)	50.6%	752	36.0%*	6,392	2,208	4,184	34.8%*	65.2%
Always wears a seat belt	83.1%	1,051	81.8%	9,567	8,037	1,530	85.2%^	14.8%
Heart Attack (myocardial infarction) - Ever Told	8.0%	1,053	4.3%*	9,802	625	9,177	4.2%*	95.8%
Angina or Coronary Heart Disease - Ever Told	5.7%	1,053	4.3%^	9,735	599	9,136	4.1%*	95.9%
Stroke - Ever Told	5.7%	1,053	3.0%*	9,826	438	9,388	2.7%*	97.3%

^ Significant at the .05 Level

* Significant at the .01 Level

Note - the N and Sample N (as reported by the CDC) for Ohio data represent unweighted counts, while the percentage represents the weighted State estimate.

Appendix C: Frequency Tables

Would you say that in general your health is:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	137	13.0	13.0	13.0
	Very Good	330	31.3	31.4	44.5
	Good	340	32.3	32.4	76.8
	Fair	160	15.2	15.2	92.0
	Poor	84	7.9	8.0	100.0
	Total	1050	99.7	100.0	
Missing	Don't Know	2	.2		
	Refused	1	.1		
	Total	3	.3		
Total		1053	100.0		

Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

	Frequency	Percent	Valid Percent	Cumulative Percent
None	621	59.0	60.1	60.1
1	55	5.2	5.3	65.5
2	73	7.0	7.1	72.6
3	38	3.6	3.7	76.2
4	30	2.8	2.9	79.1
5	25	2.3	2.4	81.5
6	4	.4	.4	81.9
7	12	1.1	1.2	83.1
8	1	.1	.1	83.1
9	1	.1	.1	83.3
10	20	1.9	1.9	85.2
Valid 12	1	.0	.0	85.3
14	18	1.8	1.8	87.0
15	23	2.1	2.2	89.2
20	15	1.4	1.5	90.7
21	0	.0	.0	90.7
22	1	.1	.1	90.8
25	3	.2	.3	91.1
26	1	.1	.1	91.2
28	3	.3	.3	91.5
29	0	.0	.0	91.5
30	88	8.3	8.5	100.0
Total	1033	98.1	100.0	
Don't Know	19	1.8		
Missing Refused	2	.2		
Total	20	1.9		
Total	1053	100.0		

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

		Frequency	Percent	Valid Percent	Cumulative Percent
	None	683	64.9	66.3	66.3
	1	30	2.9	3.0	69.3
	2	53	5.0	5.1	74.4
	3	22	2.1	2.1	76.5
	4	8	.8	.8	77.3
	5	21	2.0	2.0	79.4
	6	2	.2	.2	79.6
	7	37	3.5	3.6	83.2
	8	0	.0	.0	83.2
	10	18	1.7	1.8	85.0
Valid	14	2	.2	.2	85.2
	15	30	2.8	2.9	88.1
	18	0	.0	.0	88.1
	20	23	2.1	2.2	90.3
	21	0	.0	.0	90.4
	25	11	1.0	1.0	91.4
	26	2	.2	.2	91.5
	27	2	.2	.2	91.7
	28	2	.2	.2	91.9
	29	1	.1	.1	92.0
	30	83	7.8	8.0	100.0
	Total	1030	97.8	100.0	
	Don't Know	19	1.8		
Missing	Refused	4	.4		
	Total	23	2.2		
Total		1053	100.0		

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self care, work, or recreation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	314	29.8	56.3	56.3
	1	19	1.8	3.4	59.7
	2	35	3.3	6.3	66.0
	3	22	2.1	4.0	70.0
	4	8	.7	1.4	71.4
	5	11	1.1	2.0	73.4
	6	0	.0	.1	73.4
	7	20	1.9	3.5	77.0
	8	1	.1	.2	77.2
	9	4	.4	.7	77.9
	10	10	1.0	1.9	79.8
	12	1	.1	.1	79.9
	14	7	.7	1.3	81.2
	15	21	2.0	3.8	85.0
	20	16	1.5	2.9	87.9
	21	1	.1	.3	88.1
	25	4	.4	.8	88.9
	28	3	.3	.5	89.5
	29	1	.1	.1	89.5
	30	58	5.5	10.5	100.0
Missing	Total	557	52.9	100.0	
	Don't Know	12	1.2		
	Refused	9	.9		
	System	474	45.0		
Total		496	47.1		
Total		1053	100.0		

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Services?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	885	84.0	84.3	84.3
	No	165	15.7	15.7	100.0
	Total	1050	99.7	100.0	
Missing	Don't Know	1	.1		
	Refused	3	.2		
	Total	3	.3		
Total		1053	100.0		

What kind of health insurance do you have? Self-insured

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	811	77.0	91.7	91.7
	Selected	74	7.0	8.3	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Medicaid/Public Assistance/Medicare

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	585	55.6	66.1	66.1
	Selected	300	28.5	33.9	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Molina

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	882	83.8	99.7	99.7
	Selected	3	.3	.3	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Amerigroup

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	880	83.5	99.4	99.4
	Selected	5	.5	.6	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Military

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	840	79.8	95.0	95.0
	Selected	45	4.2	5.0	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Employer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	417	39.6	47.1	47.1
	Selected	468	44.5	52.9	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	827	78.6	93.5	93.5
	Selected	58	5.5	6.5	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	885	84.0	100.0	100.0
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	876	83.2	99.0	99.0
	Selected	9	.8	1.0	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What kind of health insurance do you have? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	871	82.8	98.5	98.5
	Selected	14	1.3	1.5	100.0
	Total	885	84.0	100.0	
Missing	System	168	16.0		
Total		1053	100.0		

What is the main reason you are without health care coverage?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Lost or changed employer	41	3.9	27.4	27.4
	Spouse or parent lost job or changed employers	1	.1	.5	27.9
	Became divorced or separated	1	.1	.6	28.5
	Spouse or parent died	2	.2	1.2	29.8
	Employer doesn't offer or stopped offering coverage	21	2.0	14.0	43.8
	Benefits from employer or former employer ran out	0	.0	.1	44.0
	Couldn't afford to pay premium	51	4.9	34.4	78.4
	Insurance company refused coverage	1	.1	.7	79.1
	Other	31	3.0	20.9	100.0
	Total	149	14.2	100.0	
	Don't know	16	1.5		
Missing	Refused	3	.2		
	System	885	84.0		
Total	Total	904	85.8		
Total		1053	100.0		

About how long has it been since you had health care coverage?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	3	.3	1.9	1.9
	Less than 6 months	22	2.1	13.5	15.4
	6 months, but less than a year ago	14	1.3	8.6	24.1
	1 year, but less than 2 years ago	15	1.4	9.2	33.2
	2 years, but less than 5 years ago	37	3.5	22.7	55.9
	5 or more years	72	6.8	44.1	100.0
	Total	163	15.5	100.0	
Missing	Don't know	2	.2		
	Refused	3	.2		
	System	885	84.0		
Total		890	84.5		
Total		1053	100.0		

About how long has it been since you last visited a doctor for a routine checkup?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Within the past year (anytime less than 12 months ago)	789	75.0	75.7	75.7
	Within the past 2 years (1 year but less than 2 years ago)	75	7.2	7.2	83.0
	Within the past 5 years (2 years but less than 5 years ago)	83	7.9	8.0	90.9
	5 or more years ago	94	9.0	9.1	100.0
	Total	1042	99.0	100.0	
Missing	Don't Know	10	.9		
	Refused	1	.1		
	Total	11	1.0		
Total		1053	100.0		

Is there a particular clinic, health center, doctor's office, or other place that you usually go to if you are sick or need advice about your health?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	935	88.8	89.1	89.1
	No	114	10.8	10.9	100.0
	Total	1049	99.6	100.0	
Missing	Don't know	4	.4		
Total		1053	100.0		

What kind of place is it? Would you say: Doctor's office or HMO

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	170	16.2	18.2	18.2
	Selected	764	72.6	81.8	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: A clinic or health center

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	875	83.1	93.7	93.7
	Selected	59	5.6	6.3	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: Hospital outpatient department

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	912	86.6	97.5	97.5
	Selected	23	2.2	2.5	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: A hospital emergency room

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	879	83.5	94.0	94.0
	Selected	56	5.3	6.0	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: An urgent care center

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	882	83.8	94.4	94.4
	Selected	53	5.0	5.6	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: Some other kind of place

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	912	86.6	97.6	97.6
	Selected	22	2.1	2.4	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	934	88.7	99.9	99.9
	Selected	1	.1	.1	100.0
	Total	935	88.8	100.0	
Missing	System	118	11.2		
Total		1053	100.0		

What kind of place is it? Would you say: Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	935	88.8	100.0	100.0
Missing	System	118	11.2		
Total		1053	100.0		

What is the main reason you don't have a usual source of medical care?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Can't afford	23	2.2	22.1	22.1
	Do not have a doctor	12	1.2	11.8	33.9
	Do not know where to go	0	.0	.4	34.3
	Do not like/ trust/ believe in doctor	2	.2	1.8	36.1
	Have not needed a doctor	34	3.2	33.0	69.1
	No insurance	3	.3	3.0	72.1
	No place is available/ close enough/ convenient	3	.2	2.5	74.6
	Previous doctor is not available/ moved	7	.7	7.0	81.6
	Other	19	1.8	18.4	100.0
	Total	103	9.8	100.0	
	Don't know	11	1.0		
Missing	System	939	89.2		
	Total	950	90.2		
Total		1053	100.0		

Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	143	13.6	13.7	13.7
	No	900	85.5	86.3	100.0
	Total	1043	99.1	100.0	
	Don't Know	8	.8		
Missing	Refused	1	.1		
	Total	10	.9		
Total		1053	100.0		

When was the last time you had your eyes examined by any doctor or eye care provider?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 month	66	6.2	6.4	6.4
	One month but less than 12 months	480	45.6	46.5	52.9
	1 year but less than 2 years	184	17.4	17.8	70.7
	More than 2 years	275	26.1	26.6	97.3
	Never	23	2.2	2.2	99.6
	Not applicable (blind)	4	.4	.4	100.0
	Total	1032	98.0	100.0	
Missing	Don't know	21	2.0		
Total		1053	100.0		

What is the main reason you have not visited an eye care professional in the past 12 months?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Cost/Insurance	128	12.1	26.9	26.9
	Do not have/know an eye doctor	0	.0	.1	26.9
	Cannot get to the office/clinic (too far away, no transportation)	3	.3	.7	27.6
	Could not get an appointment	1	.1	.2	27.8
	No reason to go (no problem)	241	22.9	50.9	78.7
	Have not thought of it	48	4.5	10.0	88.8
	Other	53	5.1	11.2	100.0
	Total	475	45.1	100.0	
Missing	Don't know	4	.4		
	Refused	3	.2		
	System	572	54.3		
Total		578	54.9		
Total		1053	100.0		

How long has it been since you last visited a dentist or dental clinic for any reason? Include visits to dental specialists, but not orthodontists.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	1	.1	.1	.1
	Less than 1 year ago	639	60.6	61.2	61.2
	1 year, but less than 2 years ago	82	7.8	7.9	69.1
	2 years, but less than 5 years ago	135	12.8	12.9	82.1
	5 or More Years Ago	187	17.8	17.9	100.0
	Total	1044	99.1	100.0	
Missing	Don't Know	7	.7		
	Refused	2	.2		
Total		9	.9		
Total		1053	100.0		

What is the main reason you have not visited the dentist in the last year?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dentist doesn't accept my insurance	6	.5	1.4	1.4
	Fear, apprehension, nervousness, pain, dislike going	31	3.0	7.7	9.1
	Cost	81	7.7	20.1	29.2
	No insurance	61	5.8	15.0	44.2
	Do not have/know a dentist	7	.7	1.8	46.0
	Cannot get to the office/clinic (too far away, no transportation, no appointments available)	3	.2	.6	46.6
	No reason to go/ no problem with teeth	121	11.5	29.9	76.6
	Other priorities	11	1.1	2.7	79.3
	Have not thought of it	10	1.0	2.6	81.9
	Other	73	7.0	18.1	100.0
	Total	404	38.4	100.0	
	Don't know	1	.1		
Missing	System	648	61.5		
	Total	649	61.6		
Total		1053	100.0		

How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Zero	464	44.1	45.8	45.8
	1 to 5	253	24.0	24.9	70.6
	6 or More But Not All	148	14.0	14.6	85.2
	All	150	14.3	14.8	100.0
	Total	1015	96.4	100.0	
Missing	Don't Know	32	3.0		
	Refused	6	.6		
	Total	38	3.6		
Total		1053	100.0		

Did a doctor ever tell you that you had asthma?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	181	17.2	17.2	17.2
	No	870	82.6	82.6	99.8
	Don't know	1	.1	.1	99.9
	Refused	1	.1	.1	100.0
	Total	1053	100.0	100.0	

During the past 12 months, have you had an episode of asthma or asthma attack?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	60	5.7	33.2	33.2
	No	121	11.5	66.8	100.0
	Total	181	17.2	100.0	
Missing	System	872	82.8		
Total		1053	100.0		

During the past 12 months, have you had to visit an emergency room or urgent care center because of asthma?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	26	2.4	14.1	14.1
	No	86	8.2	47.7	61.8
	Did not have an asthma attack in last 12 months	69	6.6	38.2	100.0
	Total	181	17.2	100.0	
Missing	System	872	82.8		
Total		1053	100.0		

About how long has it been since you last had your blood pressure taken by a doctor, nurse, or other health professional?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 6 months	763	72.4	75.3	75.3
	6 months but less than 1 year ago	143	13.5	14.1	89.4
	1 year, but less than 2 years ago	60	5.7	5.9	95.3
	2 years, but less than 5 years ago	40	3.8	3.9	99.3
	5 or more years ago	8	.7	.7	100.0
	Total	1012	96.1	100.0	
Missing	Don't know	41	3.9		
Total		1053	100.0		

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	415	39.4	39.5	39.5
	Yes but female during pregnancy	12	1.1	1.1	40.6
	No	610	57.9	58.1	98.7
	Told borderline or pre-hypertensive	14	1.3	1.3	100.0
	Total	1050	99.7	100.0	
Missing	Don't know	0	.0		
	Refused	3	.3		
	Total	3	.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Taking medication**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	97	9.2	22.6	22.6
	Selected	332	31.5	77.4	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Dieting to lose weight**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	311	29.6	72.6	72.6
	Selected	117	11.1	27.4	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Cutting down on salt**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	278	26.4	65.0	65.0
	Selected	150	14.3	35.0	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Exercising**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	277	26.3	64.5	64.5
	Selected	152	14.4	35.5	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Other**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	413	39.2	96.3	96.3
	Selected	16	1.5	3.7	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
None**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	393	37.4	91.8	91.8
	Selected	35	3.3	8.2	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

**What, if anything, are you doing now to help control your blood pressure? Are you:
Does not apply/Currently don't have condition**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	417	39.6	97.4	97.4
	Selected	11	1.1	2.6	100.0
	Total	429	40.7	100.0	
Missing	System	624	59.3		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood pressure? Are you:
Don't know

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	429	40.7	100.0	100.0
Missing System	624	59.3		
Total	1053	100.0		

What, if anything, are you doing now to help control your blood pressure? Are you:
Refused

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	429	40.7	100.0	100.0
Missing System	624	59.3		
Total	1053	100.0		

Have you ever had your blood cholesterol checked?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	830	78.8	81.2	81.2
Valid No	192	18.2	18.8	100.0
Total	1022	97.0	100.0	
Missing Don't know	31	3.0		
Total	1053	100.0		

About how long has it been since you last had your blood cholesterol checked?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Less than 1 year ago	645	61.3	80.9	80.9
Valid 1 year, but less than 2 years ago	71	6.7	8.9	89.8
Valid 2 years, but less than 5 years ago	53	5.0	6.6	96.4
Valid 5 or more years ago	29	2.7	3.6	100.0
Total	798	75.7	100.0	
Missing Don't know	32	3.1		
Missing System	223	21.2		
Total	255	24.3		
Total	1053	100.0		

Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	341	32.3	41.2	41.2
	No	486	46.1	58.8	100.0
	Total	826	78.5	100.0	
Missing	Don't know	3	.3		
	Refused	1	.1		
	System	223	21.2		
	Total	227	21.5		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Dieting to lose weight

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	219	20.8	64.4	64.4
	Selected	121	11.5	35.6	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Cutting down on fat and cholesterol in your diet

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	196	18.7	57.7	57.7
	Selected	144	13.7	42.3	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Taking medication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	116	11.0	34.1	34.1
	Selected	224	21.3	65.9	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol?

Exercising

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	231	21.9	67.8	67.8
	Selected	110	10.4	32.2	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	328	31.1	96.3	96.3
	Selected	13	1.2	3.7	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	328	31.1	96.2	96.2
	Selected	13	1.2	3.8	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Does not apply/Currently don't have condition

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	322	30.5	94.4	94.4
	Selected	19	1.8	5.6	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	340	32.3	99.7	99.7
	Selected	1	.1	.3	100.0
	Total	341	32.3	100.0	
Missing	System	712	67.7		
Total		1053	100.0		

What, if anything, are you doing now to help control your blood cholesterol? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	341	32.3	100.0	100.0
Missing	System	712	67.7		
Total		1053	100.0		

Have you ever been told by a doctor that you have diabetes or high blood sugar?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	142	13.5	13.5	13.5
	Yes, but female only during pregnancy	21	2.0	2.0	15.5
	No	890	84.5	84.5	100.0
	Total	1052	99.9	100.0	
Missing	Don't know	1	.1		
Total		1053	100.0		

Have you had a test for high blood sugar or diabetes within the past three years?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	504	47.9	57.2	57.2
	No	378	35.9	42.8	100.0
	Total	882	83.8	100.0	
Missing	Don't know	29	2.7		
	System	142	13.5		
	Total	171	16.2		
Total		1053	100.0		

Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	76	7.2	8.4	8.4
	No	832	79.0	91.6	100.0
	Total	908	86.3	100.0	
Missing	Don't know	2	.2		
	Refused	1	.1		
	System	142	13.5		
	Total	145	13.7		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?
Have you: Made changes in your diet

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	45	4.2	31.3	31.3
	Selected	98	9.3	68.7	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?
Have you: Take oral medication

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	46	4.4	32.4	32.4
	Selected	96	9.1	67.6	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?
Have you: Take insulin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	108	10.2	75.7	75.7
	Selected	35	3.3	24.3	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?

Have you: Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	138	13.1	97.2	97.2
	Selected	4	.4	2.8	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?

Have you: None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	139	13.2	98.0	98.0
	Selected	3	.3	2.0	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?

Have you: Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	142	13.5	100.0	100.0
Missing	System	911	86.5		
Total		1053	100.0		

What, if anything, are you doing now to control your diabetes or high blood sugar?

Have you:Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	142	13.5	100.0	100.0
Missing	System	911	86.5		
Total		1053	100.0		

About how many times per day or per week do you check your blood for glucose or sugar? Do not include times when checked by a health professional

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	14	1.3	9.8	9.8
	Answer given in times per day	85	8.1	60.5	70.3
	Answer given in times per week	42	4.0	29.7	100.0
	Total	141	13.4	100.0	
Missing	Refused	1	.1		
	System	911	86.5		
	Total	912	86.6		
Total		1053	100.0		

About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin A1C?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	11	1.1	8.9	8.9
	1	39	3.7	31.1	40.0
	2	22	2.0	17.0	57.0
	3	14	1.3	11.1	68.1
	4	34	3.2	26.9	95.0
	5	0	.0	.1	95.1
	6	4	.3	2.9	98.0
	Never heard of the A1C test	3	.2	2.0	100.0
	Total	127	12.0	100.0	
	Don't know	15	1.4		
Missing	Refused	1	.1		
	System	911	86.5		
	Total	926	88.0		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Sores on your feet (open areas)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	139	13.2	98.0	98.0
	Selected	3	.3	2.0	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Numbness in your feet or fingers

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	102	9.7	71.8	71.8
	Selected	40	3.8	28.2	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Difficulty with your vision (including retinopathy)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	95	9.0	66.6	66.6
	Selected	48	4.5	33.4	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Dizziness, confusion, or light-headedness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	99	9.4	69.6	69.6
	Selected	43	4.1	30.4	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Kidney/Renal disease

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	137	13.0	96.6	96.6
	Selected	5	.5	3.4	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	134	12.7	94.0	94.0
	Selected	8	.8	6.0	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	79	7.5	55.6	55.6
	Selected	63	6.0	44.4	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	142	13.5	100.0	100.0
Missing	System	911	86.5		
Total		1053	100.0		

What, if any, health related concerns have you experienced that are related to having diabetes? Have you had: Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	141	13.4	99.2	99.2
	Selected	1	.1	.8	100.0
	Total	142	13.5	100.0	
Missing	System	911	86.5		
Total		1053	100.0		

**Have you ever taken a course or a class in how to manage your diabetes
yourself?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	94	8.9	66.0	66.0
	No	48	4.6	34.0	100.0
	Total	142	13.5	100.0	
Missing	Refused	0	.0		
	System	911	86.5		
	Total	911	86.5		
Total		1053	100.0		

**Has a doctor ever told you that you had any of the following? Heart attack or
myocardial infarction**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	969	92.0	92.0	92.0
	Selected	84	8.0	8.0	100.0
	Total	1053	100.0	100.0	

**Has a doctor ever told you that you had any of the following? Angina or coronary
heart disease**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	993	94.3	94.3	94.3
	Selected	60	5.7	5.7	100.0
	Total	1053	100.0	100.0	

Has a doctor ever told you that you had any of the following? Stroke

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	993	94.3	94.3	94.3
	Selected	60	5.7	5.7	100.0
	Total	1053	100.0	100.0	

**Has a doctor ever told you that you had any of the following? Other heart
problems**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	921	87.4	87.4	87.4
	Selected	132	12.6	12.6	100.0
	Total	1053	100.0	100.0	

Has a doctor ever told you that you had any of the following? No heart problems

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	237	22.5	22.5	22.5
	Selected	816	77.5	77.5	100.0
	Total	1053	100.0	100.0	

Has a doctor ever told you that you had any of the following? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0
	Selected	0	.0	.0	100.0
	Total	1053	100.0	100.0	

Has a doctor ever told you that you had any of the following? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

Has a doctor ever told you that you were at risk for heart disease or stroke?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	167	15.9	18.7	18.7
	No	729	69.2	81.3	100.0
	Total	896	85.1	100.0	
Missing	Don't know	8	.7		
	Refused	4	.4		
	System	145	13.8		
	Total	157	14.9		
Total		1053	100.0		

Do you take aspirin daily or every other day to reduce the chance of heart attack or stroke?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	208	19.7	22.9	22.9
	No	700	66.5	77.1	100.0
	Total	908	86.2	100.0	
Missing	System	145	13.8		
Total		1053	100.0		

Do you take medication, other than aspirin, for heart problems?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	170	16.1	37.5	37.5
	No	283	26.9	62.5	100.0
	Total	453	43.0	100.0	
Missing	Don't know	2	.2		
	Refused	3	.3		
	System	594	56.4		
	Total	600	57.0		
Total		1053	100.0		

When you go outside on a sunny summer day for more than one hour how often do you protect yourself from the sun?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	230	21.9	21.9	21.9
	Nearly always	204	19.4	19.4	41.4
	Sometimes	173	16.5	16.5	57.9
	Seldom	111	10.5	10.5	68.4
	Never	185	17.5	17.6	86.0
	Don't stay out for more than one hour	147	14.0	14.0	100.0
	Total	1050	99.7	100.0	
Missing	Don't know	2	.2		
	Refused	1	.1		
	Total	3	.3		
Total		1053	100.0		

Did a doctor ever tell you that you were at risk for cancer?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	157	14.9	15.0	15.0
	No	892	84.7	85.0	100.0
	Total	1049	99.6	100.0	
Missing	Don't know	4	.4		
Total		1053	100.0		

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, gardening, golf, or walking for exercise?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	733	69.6	69.9	69.9
	No	316	30.0	30.1	100.0
	Total	1049	99.6	100.0	
Missing	Don't know	4	.4		
Total		1053	100.0		

How many times per week or per month did you take part in this activity?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Answer given in times per week	608	57.7	83.9	83.9
	Answer given in times per month	117	11.1	16.1	100.0
	Total	725	68.9	100.0	
	Don't know	7	.7		
Missing	Refused	0	.0		
	System	320	30.4		
	Total	328	31.1		
Total		1053	100.0		

And when you took part in this activity, on average, how many minutes did you usually keep at it?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 15 minutes	18	1.7	2.6	2.6
	15 to 29 minutes	109	10.3	15.6	18.2
	30 to 44 minutes	203	19.3	29.0	47.2
	45 to 59 minutes	72	6.9	10.3	57.5
	60 to 89 minutes (at least an hour but less than an hour and a half)	141	13.4	20.1	77.6
	90 minutes to 2 hours (at least an hour and a half, but less than 2 hours)	36	3.4	5.1	82.7
	2 hours or more	121	11.5	17.3	100.0
	Total	699	66.4	100.0	
Missing	Don't know	29	2.8		
	Refused	4	.4		
	System	320	30.4		
	Total	354	33.6		
Total		1053	100.0		

Are you now trying to lose weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	468	44.4	44.5	44.5
	No	584	55.5	55.5	100.0
	Total	1052	99.9	100.0	
Missing	Don't know	0	.0		
	Refused	1	.1		
	Total	1	.1		
Total		1053	100.0		

Are you now trying to maintain you current weight, that is, to keep from gaining weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	407	38.7	70.2	70.2
	No	173	16.4	29.8	100.0
	Total	580	55.1	100.0	
Missing	Don't know	2	.2		
	Refused	3	.3		
	System	468	44.4		
Missing	Total	473	44.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? Fewer calories

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	447	42.5	51.1	51.1
	Selected	428	40.6	48.9	100.0
	Total	875	83.1	100.0	
Missing	System	178	16.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? Less fat

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	507	48.1	57.9	57.9
	Selected	368	35.0	42.1	100.0
	Total	875	83.1	100.0	
Missing	System	178	16.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? Fewer carbs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	512	48.7	58.6	58.6
	Selected	362	34.4	41.4	100.0
	Total	875	83.1	100.0	
Missing	System	178	16.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? None of the above

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	549	52.2	62.8	62.8
	Selected	325	30.9	37.2	100.0
	Total	875	83.1	100.0	
Missing	System	178	16.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	859	81.6	98.2	98.2
	Selected	16	1.5	1.8	100.0
	Total	875	83.1	100.0	
Missing	System	178	16.9		
Total		1053	100.0		

Are you eating fewer calories, less fat, or fewer carbs to control your weight? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	875	83.1	100.0	100.0
Missing	System	178	16.9		
Total		1053	100.0		

Are you using physical activity or exercise to control your weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	524	49.8	60.0	60.0
	No	349	33.2	40.0	100.0
	Total	874	83.0	100.0	
Missing	Don't know	1	.1		
	System	178	16.9		
	Total	179	17.0		
Total		1053	100.0		

In the past 12 months, has a doctor, nurse, or other health professional told you that you need to lose weight?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	216	20.5	20.6	20.6
	No	834	79.2	79.4	100.0
	Total	1050	99.7	100.0	
Missing	Don't know	0	.0		
	Refused	3	.2		
	Total	3	.3		
Total		1053	100.0		

Where do you receive most of your information about weight control issues?

Doctor

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	707	67.1	67.1	67.1
	Selected	346	32.9	32.9	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?

Nurse/Other health professional

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	962	91.4	91.4	91.4
	Selected	91	8.6	8.6	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?

Friend/Family member

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	867	82.4	82.4	82.4
	Selected	186	17.6	17.6	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
Newspaper

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	989	93.9	93.9	93.9
	Selected	64	6.1	6.1	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
Magazines

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	933	88.6	88.6	88.6
	Selected	120	11.4	11.4	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
Television

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	903	85.8	85.8	85.8
	Selected	150	14.2	14.2	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	776	73.7	73.7	73.7
	Selected	277	26.3	26.3	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	863	82.0	82.0	82.0
	Selected	190	18.0	18.0	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?
Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1036	98.4	98.4	98.4
	Selected	17	1.6	1.6	100.0
	Total	1053	100.0	100.0	

Where do you receive most of your information about weight control issues?

Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1036	98.4	98.4	98.4
	Selected	17	1.6	1.6	100.0
	Total	1053	100.0	100.0	

Are you limited in any way in your daily activities because of an impairment or health problem?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	236	22.4	22.5	22.5
	No	814	77.3	77.5	100.0
	Total	1051	99.8	100.0	
Missing	Don't know	1	.1		
	Refused	2	.2		
	Total	2	.2		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities?

Arthritis/Rheumatism

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	157	15.0	66.6	66.6
	Selected	79	7.5	33.4	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Back or neck problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	162	15.4	68.7	68.7
	Selected	74	7.0	31.3	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities?

Fractures, bone/joint injury

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	191	18.1	80.9	80.9
	Selected	45	4.3	19.1	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Walking problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	131	12.5	55.6	55.6
	Selected	105	10.0	44.4	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities?

Lung/breathing problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	182	17.3	76.9	76.9
	Selected	54	5.2	23.1	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Hearing problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	222	21.1	94.0	94.0
	Selected	14	1.3	6.0	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities?

Eye/vision problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	200	19.0	84.5	84.5
	Selected	37	3.5	15.5	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Heart problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	201	19.1	84.9	84.9
	Selected	36	3.4	15.1	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Stroke problem

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	219	20.8	92.9	92.9
	Selected	17	1.6	7.1	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities?

Hypertension/high blood pressure

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	195	18.5	82.4	82.4
	Selected	42	4.0	17.6	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Diabetes

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	213	20.2	90.2	90.2
	Selected	23	2.2	9.8	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Cancer

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	228	21.6	96.4	96.4
	Selected	8	.8	3.6	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

**What is the major impairment or health problem that limits your activities?
Depression/anxiety/emotional problem**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	192	18.2	81.1	81.1
	Selected	45	4.3	18.9	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Chronic pain

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	164	15.6	69.3	69.3
	Selected	72	6.9	30.7	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Chemical dependency

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	232	22.1	98.4	98.4
	Selected	4	.4	1.6	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	156	14.8	66.2	66.2
	Selected	80	7.6	33.8	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	236	22.4	100.0	100.0
Missing	System	817	77.6		
Total		1053	100.0		

What is the major impairment or health problem that limits your activities? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	236	22.4	100.0	100.0
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Bathing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	218	20.7	92.2	92.2
	Selected	19	1.8	7.8	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Dressing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	215	20.4	90.8	90.8
	Selected	22	2.1	9.2	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Grooming

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	219	20.8	92.5	92.5
	Selected	18	1.7	7.5	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Toileting

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	221	21.0	93.5	93.5
	Selected	15	1.5	6.5	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Eating

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	224	21.3	94.8	94.8
	Selected	12	1.2	5.2	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Walking

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	197	18.7	83.5	83.5
	Selected	39	3.7	16.5	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	44	4.2	18.8	18.8
	Selected	192	18.2	81.2	100.0
	Total	236	22.4	100.0	
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	236	22.4	100.0	100.0
Missing	System	817	77.6		
Total		1053	100.0		

Do you need the help of other persons with any of the following because of any impairment or health problem? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	236	22.4	100.0	100.0
Missing	System	817	77.6		
Total		1053	100.0		

What is the main reason, if any, you did not get enough rest or sleep during the past month?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Depression	20	1.9	1.9	1.9
	Diagnosed sleep disorder	26	2.5	2.5	4.4
	Family related	106	10.0	10.3	14.7
	Job/Work/School related	87	8.3	8.4	23.1
	Neighborhood safety issues	1	.1	.1	23.2
	Medical condition/ pain	61	5.8	5.9	29.2
	Stress	104	9.9	10.1	39.2
	Other	85	8.0	8.2	47.4
	I did get enough sleep/ Do not have condition	542	51.5	52.6	100.0
	Total	1031	97.9	100.0	
Missing	Don't know	21	2.0		
	Refused	1	.1		
	Total	22	2.1		
Total		1053	100.0		

How often do you use seat belts when you drive or ride in a car?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	873	82.9	83.1	83.1
	Nearly always	70	6.6	6.6	89.7
	Sometimes	65	6.2	6.2	95.9
	Seldom	30	2.8	2.8	98.7
	Never	11	1.1	1.1	99.8
	Never ride in or drive a car	2	.2	.2	100.0
	Total	1051	99.8	100.0	
Missing	Refused	2	.2		
Total		1053	100.0		

How often do you wear a helmet when you drive or ride a motorcycle?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	45	4.2	4.2	4.2
	Nearly always	7	.7	.7	4.9
	Sometimes	10	.9	.9	5.8
	Seldom	6	.5	.5	6.4
	Never	38	3.6	3.6	10.0
	Never ride or drive a motorcycle	945	89.8	90.0	100.0
	Total	1051	99.8	100.0	
Missing	Don't know	1	.1		
	Refused	1	.1		
	Total	2	.2		
Total		1053	100.0		

When was the last time you or someone else deliberately tested all the smoke detectors in your home?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	56	5.3	6.1	6.1
	Less than 1 month ago	159	15.1	17.2	23.2
	1 month, but less than 6 months ago	428	40.7	46.3	69.5
	6 months, but less than 1 year ago	180	17.1	19.4	88.9
	1 year ago or more	85	8.1	9.2	98.1
	No smoke detectors in home	18	1.7	1.9	100.0
	Total	926	88.0	100.0	
Missing	Don't know	124	11.8		
	Refused	3	.3		
	Total	127	12.0		
Total		1053	100.0		

Have you smoked at least 100 cigarettes, or 5 packs, in your life?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	499	47.4	47.5	47.5
	No	552	52.4	52.5	100.0
	Total	1051	99.8	100.0	
Missing	Don't know	2	.2		
Total		1053	100.0		

Do you smoke cigarettes now?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	224	21.3	44.8	44.8
	No	276	26.2	55.2	100.0
	Total	499	47.4	100.0	
Missing	System	554	52.6		
Total		1053	100.0		

How long has it been since you last smoked cigarettes regularly, that is, daily?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never smoked regularly	5	.5	1.9	1.9
	1 month, but less than 3 months ago	19	1.8	6.9	8.8
	3 months, but less than 6 months ago	2	.2	.9	9.7
	6 months, but less than 1 year ago	12	1.1	4.4	14.1
	1 year, but less than 5 years ago	47	4.4	17.3	31.4
	5 years, but less than 15 years ago	68	6.5	25.2	56.6
	15 or more years ago	117	11.1	43.4	100.0
	Total	270	25.7	100.0	
	Don't know	5	.5		
Missing	System	777	73.8		
	Total	783	74.3		
Total		1053	100.0		

On the average, about how many cigarettes a day or a week do you now smoke?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Answer given in times per day	203	19.2	94.0	94.0
	Answer given in times per week	13	1.2	6.0	100.0
	Total	216	20.5	100.0	
Missing	Don't know	8	.8		
	Refused	0	.0		
	System	829	78.7		
	Total	837	79.5		
Total		1053	100.0		

During the past 12 months, have you quit smoking for 1 day or longer?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	109	10.3	48.5	48.5
	No	115	10.9	51.5	100.0
	Total	224	21.3	100.0	
Missing	System	829	78.7		
Total		1053	100.0		

Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No, neither	1033	98.1	98.1	98.1
	Chewing tobacco	10	1.0	1.0	99.1
	Snuff	10	.9	.9	100.0
	Total	1053	100.0	100.0	
Missing	Refused	0	.0		
Total		1053	100.0		

During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	512	48.6	48.7	48.7
	No	540	51.3	51.3	100.0
	Total	1052	99.9	100.0	
Missing	Refused	1	.1		
Total		1053	100.0		

During the past month, how many times per week or per month did you drink any alcoholic beverages, on the average?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Answer given in times per day	237	22.5	46.8	46.8
	Answer given in times per week	269	25.6	53.2	100.0
	Total	506	48.1	100.0	
	Don't know	4	.4		
Missing	Refused	1	.1		
	System	541	51.4		
	Total	547	51.9		
Total		1053	100.0		

On the days when you did drink, about how many drinks did you have on average?

	Frequency	Percent	Valid Percent	Cumulative Percent
0	2	.2	.3	.3
1	195	18.5	40.1	40.4
2	116	11.0	23.7	64.1
3	76	7.3	15.7	79.9
4	38	3.7	7.9	87.8
5	28	2.6	5.7	93.4
6	17	1.7	3.6	97.0
7	3	.3	.6	97.6
8	7	.7	1.5	99.1
10	0	.0	.1	99.2
12	1	.1	.2	99.4
14	1	.1	.2	99.5
25	2	.2	.5	100.0
Total	486	46.2	100.0	
Don't know	17	1.6		
Refused	8	.7		
Missing System	541	51.4		
Total	567	53.8		
Total	1053	100.0		

Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?

	Frequency	Percent	Valid Percent	Cumulative Percent
0	325	30.9	66.1	66.1
1	62	5.9	12.5	78.6
2	45	4.3	9.1	87.7
3	15	1.4	3.0	90.7
4	27	2.6	5.5	96.2
5	9	.9	1.8	98.0
7	1	.1	.1	98.1
8	4	.4	.8	99.0
10	0	.0	.1	99.0
12	1	.1	.1	99.1
15	1	.1	.3	99.4
25	2	.2	.4	99.9
28	0	.0	.1	100.0
30	0	.0	.0	100.0
Total	492	46.8	100.0	
Don't know	18	1.7		
Refused	2	.2		
Missing System	541	51.4		
Total	561	53.2		
Total	1053	100.0		

During the past month, how many times have you driven when you've perhaps had too much to drink?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	482	45.8	95.8	95.8
	1	19	1.8	3.8	99.6
	2	1	.1	.1	99.7
	5	1	.1	.3	100.0
	Total	503	47.8	100.0	
Missing	Don't know	2	.2		
	Refused	6	.6		
	System	541	51.4		
	Total	550	52.2		
Total		1053	100.0		

During the past 6 months, have you used any of the following: Marijuana or hashish

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	977	92.8	92.8	92.8
	Selected	76	7.2	7.2	100.0
	Total	1053	100.0	100.0	

During the past 6 months, have you used any of the following: Amphetamines, methamphetamines, or speed

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0
	Selected	0	.0	.0	100.0
	Total	1053	100.0	100.0	

During the past 6 months, have you used any of the following: Cocaine, crack, or coca leaves

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

During the past 6 months, have you used any of the following: Heroin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

During the past 6 months, have you used any of the following: LSD, Mescaline, Peyote, Psilocybin, DMT, or mushrooms

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	1053	100.0	100.0	100.0

During the past 6 months, have you used any of the following: Inhalants such as glue, toluene gasoline, or paint

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	1053	100.0	100.0	100.0

During the past 6 months, have you used any of the following: Ecstasy or E

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	1053	100.0	100.0	100.0

During the past 6 months, have you used any of the following: I have not used any of these substances in the past 6 months

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	91	8.6	8.6	8.6
Valid Selected	962	91.4	91.4	100.0
Valid Total	1053	100.0	100.0	

During the past 6 months, have you used any of the following: Don't know

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	1053	100.0	100.0	100.0
Valid Selected	0	.0	.0	100.0
Valid Total	1053	100.0	100.0	

During the past 6 months, have you used any of the following: Refused

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	1039	98.7	98.7	98.7
Valid Selected	14	1.3	1.3	100.0
Valid Total	1053	100.0	100.0	

How frequently have you used the drugs you just identified during the past 6 months?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Almost every day	38	3.6	50.9	50.9
	3 to 4 days a week	14	1.4	19.1	70.0
	1 or 2 days a week	7	.7	9.2	79.2
	A few times a month	0	.0	.6	79.8
	1 to 3 days a month	12	1.2	16.4	96.3
	Less than once a month	3	.3	3.7	100.0
	Total	75	7.2	100.0	
Missing	Refused	1	.1		
	System	977	92.8		
	Total	978	92.8		
Total		1053	100.0		

Have you used any of the following medications during the past 6 months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? Oxycontin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

Have you used any of the following medications in the past 6 months that were either not prescribed for you, or took more than was prescribed to feel good or high, more active or alert? Tranquilizers such as valium or xanax, sleeping pills, barbiturates

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1050	99.7	99.7	99.7
	Selected	3	.3	.3	100.0
	Total	1053	100.0	100.0	

Have you used any of the following medications in the past 6 months that were either not prescribed for you, or took more than was prescribed to feel good or high, more active or alert? Codeine, demerol, morphine, percodan, methadone, darvon

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

Have you used any of the following medications during the past 6 months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? I haven't used any of these in the past 6 months

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	18	1.7	1.7	1.7
	Selected	1035	98.3	98.3	100.0
	Total	1053	100.0	100.0	

Have you used any of the following medications during the past 6 months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

Have you used any of the following medications during the past 6 months that were either not prescribed for you, or you took more than was prescribed to feel good or high, more active or alert? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1038	98.6	98.6	98.6
	Selected	15	1.4	1.4	100.0
	Total	1053	100.0	100.0	

How frequently have you used the medications you just identified during the past 6 months?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3 to 4 days a week	0	.0	17.6	17.6
	1 or 2 days a week	2	.2	72.4	90.0
	A few times a month	0	.0	10.0	100.0
	Total	3	.3	100.0	
Missing	System	1050	99.7		
Total		1053	100.0		

As a result of using drugs, have you regularly failed to fulfill obligations at work or home, placed yourself in dangerous situations, or had legal problems?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	0	.0	15.7	15.7
	No	2	.2	73.7	89.4
	I do not use drugs	0	.0	10.6	100.0
	Total	3	.3	100.0	
Missing	Refused	15	1.4		
	System	1035	98.3		
	Total	1050	99.7		
Total		1053	100.0		

What is your race or ethnicity? White

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	110	10.4	10.4	10.4
	Selected	943	89.6	89.6	100.0
	Total	1053	100.0	100.0	

What is your race or ethnicity? African-American

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	984	93.5	93.5	93.5
	Selected	69	6.5	6.5	100.0
	Total	1053	100.0	100.0	

What is your race or ethnicity? Asian Pacific Islander

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

What is your race or ethnicity? Hispanic/Latino

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1046	99.4	99.4	99.4
	Selected	7	.6	.6	100.0
	Total	1053	100.0	100.0	

What is your race or ethnicity? American Indian, Alaska Native

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1044	99.1	99.1	99.1
	Selected	9	.9	.9	100.0
	Total	1053	100.0	100.0	

What is your race or ethnicity? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1033	98.1	98.1	98.1
	Selected	20	1.9	1.9	100.0
	Total	1053	100.0	100.0	

What is your race or ethnicity? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0

What is your race or ethnicity? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1041	98.9	98.9	98.9
	Selected	12	1.1	1.1	100.0
	Total	1053	100.0	100.0	

Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or Military Reserve Unit?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	134	12.8	12.8	12.8
	No	918	87.2	87.2	100.0
	Total	1052	99.9	100.0	
Missing	Refused	1	.1		
Total		1053	100.0		

Did you ever serve in a combat or war zone?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	49	4.7	37.9	37.9
	No	81	7.7	62.1	100.0
	Total	130	12.4	100.0	
Missing	Don't Know	3	.3		
	Refused	1	.1		
	System	919	87.2		
	Total	923	87.6		
Total		1053	100.0		

Has a doctor or other health professional ever told you that you have depression, anxiety, or post traumatic stress disorder?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	14	1.3	10.1	10.1
	No	121	11.5	89.9	100.0
	Total	134	12.7	100.0	
Missing	Don't Know	0	.0		
	System	919	87.2		
	Total	919	87.3		
Total		1053	100.0		

Has a doctor or other health professional ever told you that you have suffered a traumatic brain injury?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	1	.1	.9	.9
	No	133	12.6	99.1	100.0
	Total	134	12.7	100.0	
Missing	Don't Know	0	.0		
	System	919	87.2		
	Total	919	87.3		
Total		1053	100.0		

In the past 12 months, did you receive any psychological or psychiatric counseling or treatment?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, from a VA facility	3	.3	2.1	2.1
	Yes, from a non-VA facility	2	.2	1.7	3.8
	No	129	12.3	96.2	100.0
	Total	134	12.8	100.0	
Missing	System	919	87.2		
Total		1053	100.0		

Marital Status:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Married	553	52.5	52.8	52.8
	Divorced	116	11.0	11.0	63.8
	Widowed	109	10.4	10.4	74.2
	Separated	22	2.0	2.1	76.2
	Never been married	217	20.6	20.7	97.0
	A member of an unmarried couple	32	3.0	3.0	100.0
	Total	1049	99.6	100.0	
Missing	Refused	4	.4		
Total		1053	100.0		

What is the highest grade or year of school you completed?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Grades 1 through 8 (Elementary)	23	2.1	2.2	2.2
	Grades 9 through 11 (Some high school)	142	13.4	13.5	15.7
	Grade 12 or GED (High school graduate)	407	38.7	38.9	54.5
	College 1 to 3 years (Some college or technical school)	242	23.0	23.1	77.6
	College 4 years or more (College graduate)	235	22.3	22.4	100.0
	Total	1048	99.5	100.0	
Missing	Don't know	0	.0		
	Refused	5	.4		
	Total	5	.5		
Total		1053	100.0		

Employment Status:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed for wages	484	46.0	46.3	46.3
	Self-Employed	39	3.7	3.7	50.0
	Out of work for 1 year or longer	47	4.4	4.5	54.5
	Out of work for less than 1 year	38	3.6	3.6	58.2
	A homemaker	67	6.3	6.4	64.5
	A student	23	2.2	2.2	66.7
	Retired	256	24.3	24.5	91.2
	Unable to work	85	8.0	8.1	99.3
	Something else	7	.7	.7	100.0
	Total	1044	99.2	100.0	
	Don't know	2	.2		
Missing	Refused	6	.6		
	Total	9	.8		
Total		1053	100.0		

Income:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 10,000	88	8.3	10.7	10.7
	10,001-15,000	88	8.4	10.8	21.5
	15,001-20,000	58	5.5	7.1	28.6
	20,001-25,000	67	6.4	8.2	36.8
	25,001-35,000	91	8.7	11.1	47.9
	35,001-50,000	128	12.2	15.6	63.5
	50,001-75,000	119	11.3	14.5	78.1
	Over 75,000	180	17.1	21.9	100.0
	Total	820	77.8	100.0	
Missing	Don't know	106	10.1		
	Refused	127	12.1		
	Total	233	22.2		
Total		1053	100.0		

Do you have more than one telephone number in your household?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	23	2.2	2.2	2.2
	No	1029	97.8	97.8	100.0
	Total	1053	100.0	100.0	
Missing	Refused	0	.0		
Total		1053	100.0		

How many of these telephone numbers are residential numbers?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	One	17	1.7	76.1	76.1
	Two	5	.5	23.9	100.0
	Total	23	2.2	100.0	
Missing	Don't Know	1	.1		
	System	1030	97.8		
	Total	1030	97.8		
Total		1053	100.0		

During the past 12 months, has your household been without landline telephone service for 1 week or more?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	48	4.5	4.5	4.5
	No	1004	95.3	95.5	100.0
	Total	1051	99.8	100.0	
Missing	Don't Know	2	.2		
	Total	1053	100.0		

Do you have a cell phone for personal or business use?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	888	84.3	84.6	84.6
	No	162	15.3	15.4	100.0
	Total	1049	99.6	100.0	
Missing	Refused	4	.4		
	Total	1053	100.0		

Do you share a cell phone for personal use with any other adults?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	5	.5	3.5	3.5
	No	143	13.6	96.5	100.0
	Total	148	14.0	100.0	
Missing	Refused	18	1.7		
	System	888	84.3		
	Total	905	86.0		
Total		1053	100.0		

Do you usually share this cell phone with other adults?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	153	14.5	17.2	17.2
	No	734	69.7	82.8	100.0
	Total	887	84.2	100.0	
Missing	Refused	1	.1		
	System	165	15.7		
	Total	166	15.8		
Total		1053	100.0		

Thinking about all the phone calls you receive on your landline and cell phone, what percent are received on your cell phone?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	48	4.6	5.8	5.8
	1	30	2.9	3.7	9.5
	2	36	3.4	4.3	13.7
	3	14	1.3	1.7	15.4
	4	3	.3	.4	15.8
	5	65	6.1	7.8	23.5
	8	1	.1	.1	23.7
	9	1	.1	.1	23.8
	10	107	10.2	12.9	36.7
	12	3	.3	.4	37.1
	15	12	1.2	1.5	38.6
	20	57	5.4	6.8	45.4
	25	27	2.6	3.3	48.7
	30	21	2.0	2.6	51.2
	33	4	.3	.4	51.6
	34	1	.1	.2	51.8
	35	2	.2	.3	52.1
	40	10	1.0	1.2	53.3
	45	3	.3	.3	53.7
	48	0	.0	.0	53.7
	50	91	8.7	11.0	64.7
	60	20	1.9	2.4	67.1
	65	1	.1	.1	67.2
	70	11	1.0	1.3	68.5
	75	31	2.9	3.7	72.1
	80	62	5.9	7.5	79.6
	85	9	.8	1.1	80.7
	90	72	6.8	8.6	89.3
	95	39	3.7	4.7	94.0
	98	11	1.1	1.4	95.3
	99	23	2.1	2.7	98.1
	100	16	1.5	1.9	100.0

**Thinking about all the phone calls you receive on your landline and cell phone,
what percent are received on your cell phone?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Total	833	79.1	100.0	
	Don't know	57	5.4		
Missing	Refused	3	.3		
	System	160	15.2		
	Total	220	20.9		
Total		1053	100.0		

**How many members of your household, including yourself, are 18 years of
age or older?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	196	18.6	18.6	18.6
	2	502	47.6	47.6	66.2
	3	210	20.0	20.0	86.2
	4	107	10.1	10.1	96.3
	5	14	1.3	1.3	97.6
	6	13	1.3	1.3	98.9
	7	12	1.1	1.1	100.0
	Total	1053	100.0	100.0	

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	489	46.4	46.4	46.4
	Female	564	53.6	53.6	100.0
	Total	1053	100.0	100.0	

How many children live in your household who are under 18 years of age?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	None	646	61.3	62.4	62.4
	1	138	13.1	13.3	75.7
	2	155	14.7	15.0	90.7
	3	66	6.3	6.4	97.1
	4	24	2.3	2.3	99.4
	5	5	.4	.5	99.9
	8	1	.1	.1	100.0
	Total	1035	98.3	100.0	
Missing	Don't know	3	.3		
	Refused	15	1.4		
	Total	18	1.7		
Total		1053	100.0		

Is this child or children up-to-date on their immunizations?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	383	36.4	98.7	98.7
	No	2	.2	.5	99.2
	Some are/Some aren't	3	.3	.8	100.0
	Total	388	36.9	100.0	
	Don't know	3	.2		
Missing	System	662	62.9		
	Total	665	63.1		
Total		1053	100.0		

Are any of the children who are not up-to-date on their immunizations under the age of two?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	5	.5	100.0	100.0
Missing	System	1048	99.5		
Total		1053	100.0		

What is the age of the oldest child in your household under the age of 16?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Baby under 1 year old	4	.4	1.3	1.3
	1	8	.8	2.5	3.8
	2	5	.5	1.5	5.3
	3	15	1.4	4.5	9.8
	4	37	3.5	11.1	20.9
	5	11	1.0	3.2	24.0
	6	14	1.3	4.0	28.1
	7	28	2.6	8.2	36.3
	8	23	2.2	6.8	43.0
	9	4	.4	1.3	44.4
	10	5	.5	1.4	45.8
	11	20	1.9	6.1	51.9
	12	23	2.2	7.0	58.8
	13	51	4.8	15.2	74.0
	14	39	3.7	11.7	85.8
	15	48	4.5	14.2	100.0
	Total	336	31.9	100.0	
Missing	No children under age 16	44	4.2		
	Don't know	6	.5		
	Refused	5	.5		
	System	662	62.9		
Total		717	68.1		
Total		1053	100.0		

How often does your oldest child under 16 use a car safety seat or seat belt when they ride in a car?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	321	30.5	96.0	96.0
	Nearly always	2	.2	.5	96.5
	Sometimes	4	.3	1.1	97.6
	Seldom	0	.0	.1	97.8
	Never	7	.7	2.2	100.0
	Total	334	31.7	100.0	
Missing	Don't know	2	.2		
	System	717	68.1		
	Total	719	68.3		
Total		1053	100.0		

Thinking about this same child, during the past year, how often has the child worn a bike helmet when riding a bike, skateboard, rollerblades, or fourwheeler/ATV?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always	81	7.7	24.2	24.2
	Nearly always	25	2.4	7.5	31.8
	Sometimes	45	4.3	13.4	45.2
	Seldom	18	1.7	5.4	50.6
	Never	93	8.8	27.7	78.3
	Never rides a bike, skateboard, rollerblades, or four wheeler	73	6.9	21.7	100.0
	Total	336	31.9	100.0	
Missing	System	717	68.1		
Total		1053	100.0		

About how long has it been since this child last visited a doctor for a routine check-up?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than one year ago	293	27.8	89.7	89.7
	1 year, but less than 2 years ago	17	1.6	5.1	94.8
	2 years, but less than 5 years ago	12	1.1	3.6	98.4
	5 or more years ago	5	.5	1.6	100.0
	Total	326	31.0	100.0	
	Don't know	10	.9		
Missing	System	717	68.1		
	Total	727	69.0		
Total		1053	100.0		

Does this child currently have a primary care physician?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, pediatrician	228	21.6	67.9	67.9
	Yes, family practitioner	86	8.2	25.6	93.5
	Yes, but doesn't know which	14	1.4	4.2	97.7
	No	8	.7	2.3	100.0
	Total	336	31.9	100.0	
Missing	System	717	68.1		
Total		1053	100.0		

On average, about how many fast food meals does this child have each week?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	67	6.4	20.1	20.1
	1	125	11.9	37.5	57.6
	2	72	6.9	21.7	79.4
	3	39	3.7	11.7	91.1
	4	16	1.5	4.8	96.0
	5	2	.2	.5	96.4
	21	12	1.1	3.6	100.0
	Total	333	31.6	100.0	
	Don't know	3	.3		
Missing	System	717	68.1		
	Total	720	68.4		
Total		1053	100.0		

On average, about how many hours does this child spend watching TV or using the computer each week?

	Frequency	Percent	Valid Percent	Cumulative Percent
0	21	2.0	7.1	7.1
1	11	1.0	3.6	10.7
2	15	1.4	4.8	15.5
3	12	1.2	4.1	19.6
4	7	.7	2.3	21.9
5	22	2.1	7.4	29.2
6	5	.5	1.7	30.9
7	14	1.4	4.7	35.6
8	13	1.3	4.5	40.1
10	44	4.1	14.5	54.6
12	2	.2	.8	55.4
13	2	.2	.8	56.2
14	37	3.5	12.1	68.3
15	10	1.0	3.3	71.6
16	4	.3	1.2	72.8
18	4	.3	1.2	74.0
20	29	2.8	9.6	83.6
21	6	.6	2.1	85.8
24	5	.5	1.6	87.4
25	4	.4	1.4	88.8
28	2	.2	.6	89.3
30	11	1.0	3.6	92.9
35	7	.7	2.4	95.3
40	0	.0	.1	95.4
42	3	.2	.9	96.3
48	3	.3	1.0	97.3
50	6	.6	2.0	99.3
72	2	.2	.7	100.0
Total	302	28.7	100.0	
Don't know	33	3.1		
Missing Refused	1	.1		
System	717	68.1		

On average, about how many hours does this child spend watching TV or using the computer each week?

	Frequency	Percent	Valid Percent	Cumulative Percent
Missing Total	751	71.3		
Total	1053	100.0		

Have any of your children ever been diagnosed with a mental health disorder, including anxiety disorders, ADHD, mood disorders, behavior issues, or schizophrenia?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	60	5.7	15.6	15.6
	No	325	30.8	84.4	100.0
	Total	384	36.5	100.0	
Missing	Refused	6	.6		
	System	662	62.9		
	Total	669	63.5		
Total		1053	100.0		

Where, if anywhere, is your child receiving treatment for this mental health disorder?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Primary care physician	35	3.3	59.1	59.1
	Mental health agency	12	1.1	19.5	78.6
	Other	13	1.2	21.4	100.0
	Total	59	5.6	100.0	
Missing	Refused	1	.1		
	System	993	94.3		
	Total	994	94.4		
Total		1053	100.0		

How long has it been since you had your last PSA test?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Within the past year (anytime less than 12 months ago)	139	13.2	30.4	30.4
	Within the past 2 years (1 year but less than 2 years ago)	30	2.8	6.5	36.9
	Within the past 5 years (2 years but less than 5 years ago)	16	1.5	3.6	40.5
	5 or more years ago	20	1.9	4.3	44.8
	Never	251	23.9	55.2	100.0
	Total	455	43.3	100.0	
Missing	Don't know	33	3.1		
	System	564	53.6		
	Total	598	56.7		
Total		1053	100.0		

How long has it been since you had your last digital rectal exam?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Within the past year (anytime less than 12 months ago)	99	9.4	21.4	21.4
	Within the past 2 years (1 year but less than 2 years ago)	48	4.6	10.4	31.8
	Within the past 5 years (2 years but less than 5 years ago)	31	2.9	6.6	38.4
	5 or more years ago	32	3.0	6.9	45.3
	Never	253	24.1	54.7	100.0
Missing	Total	463	44.0	100.0	
	Don't know	25	2.4		
	Refused	0	.0		
	System	564	53.6		
Total		590	56.0		
Total		1053	100.0		

Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	15	1.4	3.0	3.0
	No	468	44.4	97.0	100.0
	Total	482	45.8	100.0	
Missing	Don't know	6	.6		
	System	564	53.6		
	Total	571	54.2		
Total		1053	100.0		

Have you ever had a clinical breast exam by a medical professional?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	473	45.0	84.0	84.0
	No	90	8.5	16.0	100.0
	Total	563	53.5	100.0	
Missing	Don't know	1	.1		
	Refused	0	.0		
	System	489	46.4		
Total		490	46.5		
Total		1053	100.0		

How long has it been since your last breast exam?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 year ago	279	26.5	60.6	60.6
	1 year, but less than 2 years ago	80	7.6	17.3	77.8
	2 years but less than 3 years ago	45	4.3	9.8	87.7
	3 years but less than 5 years ago	17	1.6	3.8	91.4
	5 years ago or more	40	3.8	8.6	100.0
	Total	461	43.8	100.0	
Missing	Don't know	11	1.1		
	Refused	1	.1		
	System	580	55.0		
	Total	592	56.2		
Total		1053	100.0		

Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've had breast cancer?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Routine checkup	432	41.0	92.4	92.4
	Breast problem other than cancer (including suspected cancer)	26	2.4	5.5	97.9
	Had/Have breast cancer	10	.9	2.1	100.0
	Total	467	44.3	100.0	
Missing	Don't know	6	.6		
	Refused	0	.0		
	System	580	55.0		
	Total	586	55.7		
Total		1053	100.0		

Have you ever had a mammogram?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	408	38.7	72.4	72.4
	No	156	14.8	27.6	100.0
	Total	564	53.5	100.0	
Missing	Refused	1	.1		
	System	489	46.4		
	Total	489	46.5		
Total		1053	100.0		

How long has it been since you had your last mammogram?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 year ago	210	19.9	52.1	52.1
	1 year, but less than 2 years ago	87	8.2	21.6	73.7
	2 years but less than 3 years ago	37	3.5	9.1	82.8
	3 years but less than 5 years ago	22	2.1	5.4	88.3
	5 years ago or more	47	4.5	11.7	100.0
	Total	403	38.2	100.0	
Missing	Don't know	5	.5		
	System	645	61.3		
	Total	650	61.8		
Total		1053	100.0		

About how many mammograms have you had in the last 5 years?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	69	6.5	19.8	19.8
	2	68	6.4	19.4	39.2
	3	37	3.5	10.6	49.7
	4	20	1.9	5.7	55.5
	5	143	13.6	41.0	96.4
	6	5	.4	1.3	97.7
	7	3	.3	.8	98.5
	8	3	.2	.7	99.3
	10	2	.2	.7	99.9
	15	0	.0	.1	100.0
	Total	349	33.2	100.0	
Missing	Don't know	11	1.1		
	Refused	0	.0		
	System	692	65.7		
	Total	704	66.8		
Total		1053	100.0		

Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Routine checkup	324	30.8	90.4	90.4
	Breast problem other than cancer (including suspected cancer)	25	2.3	6.8	97.3
	Had/Have breast cancer	10	.9	2.7	100.0
	Total	359	34.1	100.0	
Missing	Don't know	0	.0		
	Refused	2	.2		
	System	692	65.7		
	Total	694	65.9		
Total		1053	100.0		

Have you ever had a pap smear?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	519	49.3	92.1	92.1
	No	44	4.2	7.9	100.0
	Total	564	53.6	100.0	
Missing	Refused	1	.0		
	System	489	46.4		
	Total	489	46.4		
Total		1053	100.0		

How long has it been since you had your last pap smear?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 year ago	212	20.1	41.9	41.9
	1 year, but less than 2 years ago	73	6.9	14.3	56.3
	2 years but less than 3 years ago	57	5.4	11.3	67.5
	3 years but less than 5 years ago	35	3.3	6.9	74.4
	5 years ago or more	129	12.3	25.6	100.0
	Total	506	48.0	100.0	
Missing	Don't know	9	.8		
	Refused	5	.5		
	System	534	50.7		
	Total	547	52.0		
Total		1053	100.0		

Was your last pap smear done as part of a routine exam, or to check a current or previous problem?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Routine checkup	462	43.9	90.8	90.8
	Check current or previous problem	46	4.4	9.0	99.9
	Other	1	.1	.1	100.0
	Total	509	48.3	100.0	
Missing	Don't know	5	.5		
	Refused	5	.5		
	System	534	50.7		
	Total	544	51.7		
Total		1053	100.0		

Have you had a hysterectomy?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	171	16.2	30.7	30.7
	No	387	36.7	69.3	100.0
	Total	558	53.0	100.0	
Missing	Don't know	1	.1		
	Refused	6	.5		
	System	489	46.4		
	Total	495	47.0		
Total		1053	100.0		

During your last pregnancy did you receive any type of formalized prenatal care?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	288	27.4	53.8	53.8
	No	139	13.2	26.0	79.9
	Never been pregnant	108	10.2	20.1	100.0
	Total	536	50.9	100.0	
Missing	Don't know	17	1.6		
	Refused	12	1.1		
	System	489	46.4		
	Total	517	49.1		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Prenatal classes/Lamaze

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	198	18.8	68.7	68.7
	Selected	90	8.6	31.3	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Breast feeding classes

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	215	20.5	74.7	74.7
	Selected	73	6.9	25.3	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Prenatal exercise

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	214	20.3	74.1	74.1
	Selected	75	7.1	25.9	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Brochures/Books

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	157	14.9	54.5	54.5
	Selected	131	12.5	45.5	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	276	26.2	95.7	95.7
	Selected	12	1.2	4.3	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	185	17.6	64.2	64.2
	Selected	103	9.8	35.8	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	282	26.8	97.8	97.8
	Selected	6	.6	2.2	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

What type of pregnancy education or classes did you receive during your last pregnancy? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	288	27.4	100.0	100.0
	Selected	0	.0	.0	100.0
	Total	288	27.4	100.0	
Missing	System	765	72.6		
Total		1053	100.0		

Where did you receive this education? Private doctor's office

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	96	9.1	51.8	51.8
	Selected	89	8.5	48.2	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? Hospital

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	118	11.2	63.5	63.5
	Selected	67	6.4	36.5	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? Public clinic

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	177	16.8	95.6	95.6
	Selected	8	.8	4.4	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	164	15.5	88.4	88.4
	Selected	21	2.0	11.6	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	185	17.6	99.9	99.9
	Selected	0	.0	.1	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	172	16.4	93.2	93.2
	Selected	13	1.2	6.8	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

Where did you receive this education? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	184	17.5	99.7	99.7
	Selected	1	.1	.3	100.0
	Total	185	17.6	100.0	
Missing	System	868	82.4		
Total		1053	100.0		

During your last pregnancy did you: Smoke cigarettes

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	338	32.1	79.0	79.0
	Selected	90	8.5	21.0	100.0
	Total	428	40.6	100.0	
Missing	System	625	59.4		
Total		1053	100.0		

During your last pregnancy did you: Drink alcoholic beverages

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	419	39.8	97.9	97.9
	Selected	9	.9	2.1	100.0
	Total	428	40.6	100.0	
Missing	System	625	59.4		
Total		1053	100.0		

During your last pregnancy did you: Use any street drugs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	426	40.5	99.6	99.6
	Selected	2	.2	.4	100.0
	Total	428	40.6	100.0	
Missing	System	625	59.4		
Total		1053	100.0		

During your last pregnancy did you: None of these

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	95	9.0	22.2	22.2
	Selected	333	31.6	77.8	100.0
	Total	428	40.6	100.0	
Missing	System	625	59.4		
Total		1053	100.0		

During your last pregnancy did you: Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	427	40.5	99.8	99.8
	Selected	1	.1	.2	100.0
	Total	428	40.6	100.0	
Missing	System	625	59.4		
Total		1053	100.0		

During your last pregnancy did you: Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	428	40.6	100.0	100.0
Missing	System	625	59.4		
Total		1053	100.0		

Have you ever had a blood stool test using a home kit?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	246	23.3	32.2	32.2
	No	517	49.1	67.8	100.0
	Total	762	72.4	100.0	
Missing	Don't know	2	.2		
	Refused	12	1.1		
	System	276	26.3		
	Total	291	27.6		
Total		1053	100.0		

When did you have your last blood stool test using a home kit?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 year ago	52	4.9	23.1	23.1
	1 year, but less than 2 years ago	40	3.8	17.7	40.9
	2 years but less than 3 years ago	28	2.7	12.6	53.5
	3 years but less than 5 years ago	27	2.6	12.2	65.7
	5 years ago or more	77	7.3	34.3	100.0
	Total	225	21.4	100.0	
Missing	Don't know	21	2.0		
	System	807	76.7		
	Total	828	78.6		
Total		1053	100.0		

Have you ever had a sigmoidoscopy or colonoscopy?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	372	35.4	49.1	49.1
	No	386	36.7	50.9	100.0
	Total	759	72.1	100.0	
Missing	Don't know	6	.5		
	Refused	12	1.1		
	System	276	26.3		
	Total	294	27.9		
Total		1053	100.0		

When did you have your last sigmoidoscopy or colonoscopy?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than 1 year ago	67	6.4	18.3	18.3
	1 year, but less than 2 years ago	59	5.6	16.1	34.4
	2 years but less than 3 years ago	47	4.5	12.9	47.4
	3 years but less than 5 years ago	72	6.9	19.8	67.1
	5 years ago or more	120	11.4	32.9	100.0
	Total	366	34.7	100.0	
Missing	Don't know	6	.6		
	Refused	1	.1		
	System	681	64.6		
Total		687	65.3		
Total		1053	100.0		

In the past 12 months, did you receive a seasonal flu vaccine, either by receiving a shot or nasal mist?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	472	44.8	44.9	44.9
	No	579	55.0	55.1	100.0
	Total	1051	99.8	100.0	
Missing	Don't know	2	.2		
Total		1053	100.0		

Have you ever had a pneumonia vaccination?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	351	33.3	34.7	34.7
	No	660	62.7	65.3	100.0
	Total	1011	96.1	100.0	
Missing	Don't know	39	3.7		
	Refused	3	.3		
	Total	42	3.9		
Total		1053	100.0		

During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	116	11.0	11.0	11.0
Valid No	925	87.9	87.9	98.9
Valid Don't know	6	.6	.6	99.5
Valid Refused	5	.5	.5	100.0
Total	1053	100.0	100.0	

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: had a weight/appetite change

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	29	2.8	25.2	25.2
Valid Selected	87	8.3	74.8	100.0
Total	116	11.0	100.0	
Missing System	937	89.0		
Total	1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: had trouble sleeping/slept too much

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	6	.6	5.3	5.3
Valid Selected	110	10.4	94.7	100.0
Total	116	11.0	100.0	
Missing System	937	89.0		
Total	1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: woke up before you wanted

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Not selected	13	1.2	11.2	11.2
Valid Selected	103	9.8	88.8	100.0
Total	116	11.0	100.0	
Missing System	937	89.0		
Total	1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: felt fatigued, no energy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	9	.9	8.1	8.1
	Selected	107	10.1	91.9	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: felt extremely restless or slowed down

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	11	1.1	9.6	9.6
	Selected	105	10.0	90.4	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: had trouble thinking or concentrating

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	9	.8	7.4	7.4
	Selected	108	10.2	92.6	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: lost interest in most things

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	7	.7	6.0	6.0
	Selected	109	10.4	94.0	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: felt worthless or hopeless

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	30	2.8	25.5	25.5
	Selected	87	8.2	74.5	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: thought about death or suicide

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	79	7.5	67.9	67.9
	Selected	37	3.5	32.1	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: attempted suicide

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	110	10.4	94.2	94.2
	Selected	7	.6	5.8	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: none of the above

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	115	10.9	99.2	99.2
	Selected	1	.1	.8	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	116	11.0	100.0	100.0
Missing	System	937	89.0		
Total		1053	100.0		

When you were feeling sad, blue, or depressed, did you also have a period of at least two weeks when you: refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	116	11.0	99.7	99.7
	Selected	0	.0	.3	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

During the past 12 months, did you ever seriously consider attempting suicide?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	15	1.4	12.7	12.7
	No	101	9.6	87.3	100.0
	Total	116	11.0	100.0	
Missing	System	937	89.0		
Total		1053	100.0		

During the past 12 months, how many times did you actually attempt suicide?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0 times	13	1.2	85.8	85.8
	1 time	2	.2	14.2	100.0
	Total	15	1.4	100.0	
Missing	System	1038	98.6		
Total		1053	100.0		

If you felt depressed or suicidal, would you know where to go or who to talk to?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	101	9.6	87.5	87.5
	No	14	1.4	12.5	100.0
	Total	116	11.0	100.0	
Missing	Don't know	0	.0		
	System	937	89.0		
	Total	937	89.0		
Total		1053	100.0		

Have you ever knowingly had your blood tested for HIV?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	325	30.8	32.2	32.2
	No	685	65.0	67.8	100.0
	Total	1009	95.8	100.0	
Missing	Don't know	15	1.5		
	Refused	28	2.7		
	Total	44	4.2		
Total		1053	100.0		

During the past 12 months, with how many people have you had sexual intercourse?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	328	31.1	32.6	32.6
	1	627	59.6	62.4	95.0
	2	26	2.5	2.6	97.6
	3	5	.5	.5	98.2
	4	7	.6	.7	98.8
	5	2	.2	.2	99.0
	6	2	.1	.1	99.2
	9	7	.6	.7	99.8
	10	2	.1	.2	100.0
	Total	1005	95.5	100.0	
	Don't know	1	.1		
Missing	Refused	46	4.4		
	Total	48	4.5		
Total		1053	100.0		

Was a condom used the last time you had sexual intercourse?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	106	10.1	15.9	15.9
	No	561	53.3	84.1	100.0
	Total	667	63.3	100.0	
Missing	Don't know	1	.1		
	Refused	57	5.4		
	System	328	31.1		
	Total	386	36.7		
Total		1053	100.0		

In the past 12 months, has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	107	10.1	10.7	10.7
	No	895	85.0	89.3	100.0
	Total	1002	95.1	100.0	
Missing	Don't know	9	.9		
	Refused	42	4.0		
	Total	51	4.9		
Total		1053	100.0		

In the past year have you: used intravenous drugs in the past year, been treated for a sexually transmitted or venereal disease, given or received money or drugs in exchange for sex, had anal sex without a condom?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes, at least one of the above apply	13	1.2	1.3	1.3
	No, none of these apply	998	94.8	98.7	100.0
	Total	1011	96.1	100.0	
Missing	Don't know	0	.0		
	Refused	41	3.9		
	Total	42	3.9		
Total		1053	100.0		

Do you feel any of these are a problem in your neighborhood? Teen pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	782	74.3	74.3	74.3
	Selected	271	25.7	25.7	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Drug sales and/or use

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	693	65.8	65.8	65.8
	Selected	360	34.2	34.2	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Crime, excluding drug sales/use

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	759	72.1	72.1	72.1
	Selected	294	27.9	27.9	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Guns or firearms

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	894	84.9	84.9	84.9
	Selected	159	15.1	15.1	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Homelessness/hunger

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	823	78.1	78.1	78.1
	Selected	230	21.9	21.9	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Domestic violence

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	784	74.4	74.4	74.4
	Selected	269	25.6	25.6	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Child abuse

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	884	84.0	84.0	84.0
	Selected	169	16.0	16.0	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? None

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	586	55.7	55.7	55.7
	Selected	467	44.3	44.3	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1025	97.3	97.3	97.3
	Selected	28	2.7	2.7	100.0
	Total	1053	100.0	100.0	

Do you feel any of these are a problem in your neighborhood? Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1046	99.3	99.3	99.3
	Selected	7	.7	.7	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Adequate transportation

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	975	92.6	92.6	92.6
	Selected	78	7.4	7.4	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Safe and adequate housing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1025	97.3	97.3	97.3
	Selected	28	2.7	2.7	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Employment/services

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	933	88.6	88.6	88.6
	Selected	120	11.4	11.4	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: None of these

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	169	16.1	16.1	16.1
	Selected	884	83.9	83.9	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Other

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1052	99.9	99.9	99.9
	Selected	1	.1	.1	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Don't know

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1053	100.0	100.0	100.0
	Selected	0	.0	.0	100.0
	Total	1053	100.0	100.0	

Have you had a problem finding: Refused

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not selected	1047	99.5	99.5	99.5
	Selected	6	.5	.5	100.0
	Total	1053	100.0	100.0	

Are you satisfied with the quality of your drinking water?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	918	87.2	88.9	88.9
	No	114	10.8	11.1	100.0
	Total	1032	98.0	100.0	
Missing	Don't know	13	1.2		
	Refused	8	.7		
	Total	21	2.0		
Total		1053	100.0		

How well prepared do you feel your household is to handle a large-scale disaster or emergency?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Well prepared	252	23.9	24.4	24.4
	Somewhat prepared	573	54.4	55.4	79.8
	Not prepared at all	209	19.8	20.2	100.0
	Total	1033	98.1	100.0	
Missing	Don't know	12	1.2		
	Refused	8	.7		
	Total	20	1.9		
Total		1053	100.0		

Does your household have a 3-day supply of water, for everyone who lives there?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	306	29.1	61.5	61.5
	No	192	18.2	38.5	100.0
	Total	498	47.3	100.0	
	Don't Know	10	1.0		
Missing	Refused	5	.5		
	System	540	51.3		
	Total	555	52.7		
Total		1053	100.0		

Does your household have a 3-day supply of nonperishable food for everyone who lives there?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	449	42.6	89.3	89.3
	No	54	5.1	10.7	100.0
	Total	502	47.7	100.0	
	Don't Know	5	.5		
Missing	Refused	5	.5		
	System	540	51.3		
	Total	551	52.3		
Total		1053	100.0		

Does your household have a 3-day supply of prescription medications for each person who takes prescribed medicines?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	378	35.9	74.8	74.8
	No	45	4.3	8.9	83.7
	No one in the household requires prescribed medicine	83	7.8	16.3	100.0
	Total	506	48.0	100.0	
Missing	Don't Know	2	.2		
	Refused	6	.5		
	System	540	51.3		
	Total	547	52.0		
Total		1053	100.0		

Does your household have a working battery operated radio with working batteries for your use if the electricity is out?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	363	34.4	73.3	73.3
	No	132	12.6	26.7	100.0
	Total	495	47.0	100.0	
	Don't Know	12	1.1		
Missing	Refused	6	.6		
	System	540	51.3		
	Total	558	53.0		
Total		1053	100.0		

Does your household have a working flashlight and working batteries for your use if the electricity is out?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	477	45.3	94.3	94.3
	No	29	2.7	5.7	100.0
	Total	506	48.0	100.0	
	Don't Know	1	.1		
Missing	Refused	7	.6		
	System	540	51.3		
	Total	547	52.0		
Total		1053	100.0		

In a large-scale disaster or emergency, what would be your main method of way of communicating with relatives and friends?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Regular home telephones	59	5.6	11.9	11.9
	Cell phones	341	32.4	69.4	81.4
	E-mail	1	.1	.1	81.5
	2-way radios	4	.3	.7	82.2
	Other	87	8.3	17.8	100.0
	Total	491	46.7	100.0	
Missing	Don't Know	44	4.2		
	Refused	4	.4		
	System	513	48.7		
	Total	562	53.3		
Total		1053	100.0		

What would be your main method or way of getting information from authorities in a large-scale disaster or emergency?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Television	118	11.2	24.8	24.8
	Radio	173	16.4	36.5	61.3
	Internet	22	2.1	4.7	66.0
	Print media	3	.3	.7	66.7
	Neighbors	6	.5	1.2	67.9
	Other	152	14.5	32.1	100.0
	Total	474	45.0	100.0	
Missing	Don't know	63	5.9		
	Refused	4	.3		
	System	513	48.7		
	Total	579	55.0		
Total		1053	100.0		

Does your household have a written disaster evacuation plan for how you will leave your home, in case of a large-scale disaster or emergency that requires evacuation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	113	10.7	21.0	21.0
	No	423	40.1	79.0	100.0
	Total	535	50.8	100.0	
Missing	Don't Know	3	.2		
	Refused	3	.2		
	System	513	48.7		
	Total	518	49.2		
Total		1053	100.0		

If public authorities announced a mandatory evacuation from your community due to a large-scale disaster or emergency, would you evacuate?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	463	43.9	95.7	95.7
	No	21	2.0	4.3	100.0
	Total	484	45.9	100.0	
Missing	Don't Know	53	5.1		
	Refused	3	.3		
	System	513	48.7		
	Total	569	54.1		
Total		1053	100.0		

What would be the main reason you might not evacuate if asked to do so?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Lack of transportation	2	.2	8.7	8.7
	Lack of trust in public officials	1	.1	5.0	13.6
	Concern about leaving property behind	1	.1	2.6	16.2
	Concern about personal safety	2	.2	11.6	27.9
	Concern about leaving pets	0	.0	.9	28.8
	Health problems	1	.1	6.7	35.5
	Other	13	1.3	64.5	100.0
	Total	21	2.0	100.0	
Missing	System	1032	98.0		
Total		1053	100.0		

Geography

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Springfield	457	43.4	43.4	43.4
	Eastern	236	22.4	22.4	65.8
	Western	360	34.2	34.2	100.0
	Total	1053	100.0	100.0	

Age Cohort

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18-24 years of age	123	11.7	11.7	11.7
25-34 years of age	141	13.4	13.4	25.1
35-44 years of age	166	15.8	15.8	40.9
45-54 years of age	204	19.4	19.4	60.3
55-64 years of age	180	17.1	17.1	77.4
65 years of age or older	238	22.6	22.6	100.0
Total	1053	100.0	100.0	

Interruption in Telephone Service (recode)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Interruption in Service	49	4.7	4.7	4.7
No Interruption in Service	1004	95.3	95.3	100.0
Total	1053	100.0	100.0	

What is your race or ethnicity? (recoded)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid White or Caucasian	937	89.0	89.0	89.0
All Minorities	116	11.0	11.0	100.0
Total	1053	100.0	100.0	

Marital Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Married	555	52.7	52.7	52.7
Never Married	249	23.7	23.7	76.3
Div/Widowed/Sep	249	23.7	23.7	100.0
Total	1053	100.0	100.0	

Educational Attainment

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Less than high school graduate	164	15.6	15.6	15.6
High school graduate (includes equivalency)	407	38.7	38.7	54.2
Some college or associate's degree	247	23.5	23.5	77.7
Bachelor's degree or higher	235	22.3	22.3	100.0
Total	1053	100.0	100.0	

Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	489	46.4	46.4	46.4
	Female	564	53.6	53.6	100.0
	Total	1053	100.0	100.0	

Weight Status based on calculated body mass index (BMI)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Underweight	11	2.3	2.4	2.4
	Normal Weight	97	19.9	20.7	23.2
	Overweight	164	33.7	35.1	58.2
	Obese	195	40.1	41.8	100.0
	Total	468	96.1	100.0	
Missing	Missing or Refused	15	3.1		
	System	4	.8		
	Total	19	3.9		
Total		487	100.0		

Appendix D: Open Ends

What kind of health insurance do you have? Other

- AARP (15)
- Aetna
- Anthem (4)
- Anthem Blue Cross
- Anthem Blue Cross Blue Shield (2)
- Blue Cross Blue Shield (2)
- Blue Cross Blue Shield, OPER
- Blue Cross through Civil Service
- Care Source (4)
- Commercial Blue Cross
- Custom Care
- ETNA (2)
- Golden Rule (2)
- HMO (2)
- Humana (3)
- Humana Medicare
- Medical Mutual
- My parents insurance
- Navistar (2)
- Ohio State University
- OPERS
- Reserve National
- Retirement (2)
- social security
- through the VA
- Tricare
- Union
- United Health care (8)
- United Health Care AARP
- United Health Care-and they SUCK

Where do you receive most of your information about weight control issues? Other

- Anthem e-mails
- Books (10)
- Books and internet (4)
- Card rack
- Common sense (3)
- Computer

- Consciousness about my health; I do it on my own
- Co-Workers
- Curves and Weight Watchers
- Diabetes class
- Diabetic Association
- Dietician (3)
- Drugstore
- Fitnesspal.com
- Gastro doctor
- General information
- General knowledge
- General knowledge and Curves
- Health care provider and our insurance company
- Humana health service
- I am a personal trainer so I know all that.
- I don't know
- I just know how to eat healthy.
- I just know what I have to do.
- I look at how my clothes fit.
- I work at a fitness center for a doctor
- I work in a hospital.
- I'm a physical therapist myself.
- Insurance (2)
- Insurance and Web MD
- Insurance company and internet
- Internet (105)
- Internet and my own methods
- Internet or teaching exercise courses
- Internet, books, and radio
- Internet, my own knowledge
- Library books (2)
- Life experience, knowing my body
- Me- I'm educated
- Medical letters from different hospitals
- Mirror (3)
- My fitness pal
- My health insurance people
- My past experience of gaining and losing weight and books
- Myself (14)
- Myself; I'm a nurse (9)
- Nursing journals and books
- Nutrition Fliers
- Ohio State James Cancer Center
- Own history

- Pamphlets
- Pamphlets at the doctor's office
- Personal experiences (2)
- Personal Trainer
- POPS
- Program at work
- Providence after hours care, it is a clinic through one of the colleges
- School
- Self-knowledge (3)
- SENSA
- Social contacts, books
- The gym
- There's a health company that comes in once a year at the company that I work for and I receive information from them, I can't remember the company's name.
- United Health Care keeps track of me.
- VA
- Weight classes
- Weight Watchers (11)
- Weight watchers and my exercise class
- Wife
- Work health center
- Workplace (2)
- Workplace and my insurance company
- Wright Patterson
- YMCA
- You just live and learn.

Was your last pap smear done as part of a routine exam, or to check a current or previous problem? Other

- Before a surgery
- Done before a hysterectomy

Who would you talk to (if you felt depressed or suicidal)?

- A friend of mine or call mental health services.
- A suicide hotline or my doctor
- Coordinator, supervisor, or my sister
- Counselor (2)
- Counselor or doctor
- Crisis line
- Daughter, friend
- Doctor or Mental Health Department
- Doctor (6)
- Doctor, husband

- Emergency line and doctor
- Family members or minister
- Family physician or Rheumatologist
- Friend (3)
- God (3)
- Hospital.
- Husband
- I go to mental health services here in Springfield. I've been affiliated with them since I was 6 six years old.
- I guess I would have to talk to a family member.
- I would go to the outpatient mental health or my psychologist.
- I'd go and admit myself into the mental health ward.
- I'd look up in the phone book and there's suicide preventions and things like that, or if I was real serious I would do it. If I had my mind made up no one could change it.
- Mental health clinic
- Mental health counselor
- Mental health in Clark County
- Mental health (3)
- Mercy Mental Health
- Mother (2)
- Mother and sister, then go and get help
- My children and my good friend Billy.
- My counselor (2)
- My daughter (2)
- My Doctor (5)
- My family
- My kids and parents
- My Lord and Savior Jesus Christ
- My minister, my God, or my Doctor.
- My parents
- My pastor.
- My pastor's wife
- My psychiatrist
- My psychologist
- My sister (2)
- My sister and my Stepmom
- Pastor
- Psychiatrist (2)
- Somebody at my church.
- Someone from the Mental Health department.
- Son
- Stay right here and think it over.
- Suicide hot line.
- Suicide Prevention

- Support system
- The VA
- The VA hotline, my first ex wife, my kids, and my parents.
- Therapist (3)
- Wife
- Wife and suicide hotlines

Where did you obtain these drugs that were not prescribed to you?

- CVS pharmacy
- Not from my doctor, but I'm not telling
- They were prescribed to me

Where did you receive this education (about your last pregnancy)? Other

- A group of women, club.
- At someone's home
- Books (2)
- Friends and family members
- Group church
- Health department
- Home
- I had previous knowledge from my first pregnancy that I used.
- I knew the information.
- Library (2)
- Midwife center (2)
- My midwife (2)
- Myself (2)
- Naval Hospital
- Outreach from a hospital
- Parent/Infant center
- Private classes
- Private home.
- Professional Literature (I'm a nurse)
- Red Cross
- Someone's house at a monthly meeting
- Technical school
- University of Iowa

What type of physical activity or exercise did you spend the most time doing during the past month?

- Aerobic and weight exercise
- Aerobic classes (2)
- Aerobics (5)

- Ampguard
- Back exercises (2)
- Bends and squats
- Bicycling (29)
- BoFlex
- Bootcamp Spinning
- Bowling
- Box step-up aerobics
- Calisthenics
- Cardiac rehab
- Cardiac Rehabilitation
- Cardiac therapy
- Cardio (4)
- Cardio exercises
- Cardio glider
- Cardiovascular exercises
- Chores associated with taking care of a pig
- Cleaning
- Crunches and leg bends
- Curves (5)
- Cutting grass
- Cycling (3)
- Dance classes
- Dancing (3)
- Elliptical (7)
- Exercise bike
- Exercise class (2)
- Exercise Machine (2)
- Exercise machine circuit at Curves
- Exercise program at the YMCA
- Exercises at home
- Farm work (2)
- Four Wheeling
- Gardening (81)
- Gardening or Swimming, I can't pick one
- Going to the gym (5)
- Golfing (23)
- Hiking (3)
- House cleaning (2)
- Housekeeping (3)
- I am a member at Curves, and I walk
- I play horseshoes
- I spend the most time walking
- I teach step aerobics 3 times a week and I walk

- I'm a busy gal; I can't tell you that
- Isometric exercise
- Jogging (2)
- Kinect game
- Leg exercises
- Leg lifts
- Lifting legs and arms
- Lifting my mother
- Machines at Curves
- Marshall Arts
- Mild stretching exercises
- Physical Therapy (7)
- Pilates
- Playing basketball
- Playing the Wii
- Playing volleyball
- Polymetrics
- Pool exercise with my arthritic group
- Recreational Sports
- Refused
- Rehab exercises
- Rehab from my surgery
- Running (15)
- Running on the treadmill (2)
- Shamum kung-fu
- Sit-ups
- Spinning
- Square dancing
- Stationary bike (4)
- Stepper in home gym
- Strength training
- Stretch class (2)
- Stretches
- Swimming (18)
- Tai Chi
- Tennis (4)
- Tennis, Softball, Golf
- Therapy in rehab to make me get stronger
- Training for firefighting and emergency medical services
- Treadmill (11)
- Tricycle
- Up and down stairs at work
- Walking (340)
- Walking and biking

- Walking and gardening
- Walking and stretching
- Walking, yoga, and strength training
- Water aerobics (7)
- Water therapy
- Water Walking
- Weight lifting (15)
- Weight lifting and working out on a machine
- Weight training
- Wii (2)
- Working the farm
- Workout at gym
- Workout Warehouse
- Yard work (22)
- Yard work and walking the dog
- YMCA (2)
- Yoga (2)
- Zumba (3)

How many times per week or per month did you take part in this activity?

Per week

- I walk every other day.
- 1 (40)
- 2 (97)
- 2-3 (4)
- 3 (172)
- 3-4
- 4 (62)
- 5 (55)
- 6 (12)
- 7 (167)
- 10
- 14 (2)
- 21 (3)

Per month

- 1 (6)
- 2 (9)
- 3 (13)
- 4 (9)
- 5 (4)

- 6 (4)
- 8 (6)
- 9
- 8-10
- 10 (3)
- 12 (3)
- 14
- 15 (6)
- 16
- 19
- 20 (7)
- 21
- 30 (7)

Where, if anywhere, is your child receiving treatment for this mental health disorder? Other

- Children's Hospital
- Clinic
- He sees a doctor through a mental health agency for prescriptions
- Miracle Mile
- None (4)
- Oasterman Counseling
- Pediatrician
- Rocking Horse Center
- School

***What is the main reason, if any, you did not get enough rest or sleep during the past month?
Other***

- Age (3)
- Aggravation from my neighbor
- Anxiety
- Anxiety and depression
- Bad dreams
- Bad habit of going to bed late.
- Bad nerves
- Birds chirping.
- Caffeine and my dog
- Can't get to sleep (2)
- Drinking too much
- Feeling dizzy
- Heat (4)
- House work
- I don't exercise enough
- I don't need that much sleep anymore.

- I don't really have a certain time I go to bed. I stay up sometimes to watch a show. It's just sporadic.
- I drink too much.
- I eat too late.
- I fall asleep at the wrong time and then I can't sleep.
- I go to bed too early
- I go to see movies late at night.
- I had a bat in my house.
- I have no reason. I just don't.
- I have to get up for the bathroom a lot (3)
- I just can't get comfortable.
- I just don't sleep as well as I used to.
- I just don't sleep well but I don't know why.
- I was diagnosed with diabetes this year and lost a sister-in-law at a young age. I also had a niece killed by a drunk driver this year.
- If I drank a cup of coffee at night because I wanted it.
- If the people in the nursing home make too much noise I can't sleep.
- I'm just a night owl
- I'm just restless.
- I'm not a big sleeper.
- Insomnia (2)
- It just depends on who's here or what the situation is.
- It's a medical condition that I take sleeping pills to help me sleep. Also pain.
- I've driven a lot
- Just up doing things
- Menopause (2)
- My cats get me up too early in the morning.
- My days and nights are mixed
- My husband has a condition that makes it difficult for him to sleep which makes it difficult for me to sleep
- My husband passed away in January.
- Not taking estrogen anymore.
- Numbness in left hand
- Old age, restlessness
- Pain in legs.
- Phone ringing
- Reading (2)
- Restless Leg Syndrome (2)
- Sleep too much during the day.
- Snoring
- Sometimes my dog barks too much.
- Stay up too late or have to get up too early
- Staying up late. (6)
- Staying up too late or drinking too much beer

- Taking water pills wake me up in the middle of the night.
- Telemarketers
- Television
- The Fear keeps me from sleeping. No, it's not a neighborhood safety issue. It deals with things from another existence.
- The older I get the worse I sleep. It's old age. I don't have too much problem going to sleep I have a hard time staying asleep.
- The weather
- Too busy (3)
- Too much sugar
- Unknown.
- Watching TV (2)
- Weather

What is your race? Other

- American
- Biracial (2)
- Caucasian and Native American (2)
- Cherkoe Indian.
- Hillbilly American
- Irish
- Middle Eastern
- Pennsylvania Dutch
- Scottish

What is the main reason you don't have a usual source of medical care? Other

- Because I don't get sick.
- I can't get time off work.
- I don't have just one doctor, I have multiple doctors
- I don't need a doctor. (3)
- I don't think about it
- I haven't been in a couple years and they want you to come regularly.
- I just don't have it
- I just haven't found one that I'm satisfied with so I quit going or don't go back.
- I just recently got insurance.
- I try to do things naturally; I look things up on the internet.
- My doctors are in other cities.
- The doctors come to the house. (2)

What is the main reason you are without health care coverage? Other

- Cost (2)
- Disabled

- I don't need it.
- I just moved. I have to go down and get Medicare.
- I lost it from my employer due to being off for so long when I had to have surgery
- I missed the deadline at work due to misinformation.
- I went on social security disability and I lost it.
- I went to another job and I have to wait a year before I get it at this job.
- I'm on Social Security and I'm not eligible for Medicare yet.
- I've been fighting with welfare and social security for the past 10 years
- I've just never had it.
- Retired
- Waiting for Medicare eligibility
- We could afford it, but my husband is self-employed. Our church would help us if things went bad.

Why have you not immunized your children (child)?

- Apartment next week.
- I choose to space them out because of my medical beliefs.
- We don't immunize.

***What is the main reason you have not visited an eye care professional in the past 12 months?
Other***

- All doctors upset me.
- Too busy (3)
- Cancer doctor
- Didn't want to
- Do not like doctors
- Every 12 months.
- Haven't had any time (6)
- He calls me when it's time for me to make an appointment.
- I am bedridden
- I didn't have time because of other doctor appointments
- I didn't think I needed to see anybody this year.
- I don't have eye coverage anymore.
- I don't have the gas money to get there.
- I go every 2 years. (10)
- I go this coming Monday.
- I haven't gotten around to it.
- I just go the normal every so many years.
- I just have not scheduled an appointment yet.
- I just haven't taken the time.
- I just recently made an appointment.
- I need to get new glasses and haven't wanted to.

- I spent over \$800 on them trying to find a correct match of glasses that will allow me to see and they failed every time so I gave up.
- I was pregnant six months ago and during pregnancy you're vision is weakened so it wouldn't have been an accurate test for me.
- I'm disabled so I don't leave my home.
- I'm just putting it off but I have to go.
- It's not my time yet. It's at the end of this month I'm supposed to go.
- It's not time they haven't sent me a post card.
- I've been dealing with cancer and it's not as important.
- I've had Lasik surgery. I don't need to go back. My vision is perfect now.
- Laziness (2)
- Moving.
- My daughter died and I haven't wanted to do anything
- My insurance won't cover it.
- No transportation
- Once a year.
- Our Care Source won't cover us every year.
- That's when my Medicaid takes my authorization.
- Through the VA, I have to wait for the year to be up.
- Too many other problems that I had to let it go.
- Well he said I didn't have to come back for a certain period of time.
- With my husband's stroke and his death everything was just put off.

What would be the main reason you might not evacuate if asked to do so?

- Can't imagine any need for an evacuation
- Depends on the disaster and whether we could make it on our own
- Evaluate the situation on my own
- I guess I just don't look at it with that much urgency.
- I just wouldn't want to, I feel I would do better here
- I need information about it.
- I would have to know why we were being asked
- I wouldn't think it would be necessary.
- I wouldn't want to leave my house. (2)
- I'm a nurse so I would stay here and help the people that need medical attention.
- I'm going to stand and fight.
- The area I live in, I doubt there would ever be an evacuation.
- We would have to know ahead of time because we have horses and a lot of animals that would have to be evacuated.

What is the main reason you have not visited the dentist in the last year? Other

- Cost and too spooked to go.
- Dentures (52)

- False teeth (7)
- Full upper plate and partial down
- Health and insurance reasons
- I didn't like my last dentist so I didn't know who to go to.
- I don't have the gas money to get there.
- I don't leave my home due to my disability.
- I had all my teeth taken out and I have no medical coverage.
- I have no teeth. (7)
- I haven't been able to go.
- I only go every 12 months and I haven't made my next appointment yet.
- I was pregnant.
- Insurance only covers it every 2 years
- I've been dealing with cancer and it's not as important.
- Laziness (3)
- No time (2)
- Not worried about them, some are cracked, others pulled.
- Partial plates
- They charged me \$25 for missing an appointment, now I don't go there on principal

What, if anything, are you doing now to help control your high blood pressure? Other

- Cardiac rehab
- Cutting back on meat
- I don't know how much longer I'll be able to afford my medication.
- I had Bariatric surgery and it went away.
- I stop drinking
- I take vitamins
- Monitor
- Monitoring diet (3)
- Reduce stress (2)
- Sometimes it's high and sometimes it's not.
- Trying to quit smoking

What, if anything, are you doing now to help control your blood cholesterol? Other

- Balanced diet
- Changes in diet (2)
- Cutting down on salt
- Cutting down on sugar
- Dieting and exercising to lose weight
- Eating better
- Fish oil
- Herbs
- Homeopathic means

- I drink red wine vinegar
- I had Bariatric surgery and then it went away.
- Medicine messing with liver
- Natural seed to manage cholesterol
- Red Yeast Rice

Has a doctor ever told you that you had any of the following? Other

- 2 angioplasties
- 2 by-pass surgeries, stents put in
- 2 clogged arteries
- 4 bypasses
- 4 stents in arteries
- 5 way by pass metal mitrovalve , pace maker.
- 5 way bypass 3 years ago
- 8 stints, 5 bypass surgeries
- 80 percent blocked artery, premature ventricular constriction.
- An artery clogged.
- Angioplasty
- Aortic stenosis
- Arithimia
- Artificial aortic valves
- Arturial simulation
- Atrial
- Atrial cervalation
- Atrial fibrillation (9)
- Bad valve
- Blockage in my heart
- Blood clot
- Bypass surgery (5)
- By-pass surgery 20 years ago
- Bypass surgery for clogged arteries.
- Cardiomyopathy
- Chest pains
- Collapsed valve
- Congestive heart failure (3)
- Congestive heart failure, bypass, and a couple stents
- Congestive heart failure.
- COPD (2)
- Defibrillator
- Double bypass surgery
- Enlarged heart (2)
- Enlarged heart and heart arrhythmia
- Enlarged heart

- Erratic heartbeat
- Fast heart rate
- Five stints
- Fluttering heart beat after lung surgery
- Heart beats too fast and sometimes stops for a few seconds.
- Heart by-pass surgery
- Heart disease.
- Heart doesn't pump enough red blood cells
- Heart irregularity
- Heart irritation
- Heart loses the electrical impulse and doesn't go across the bridge it crosses.
- Heart murmur (6)
- Heart pump takes place of my heart.
- Heart skin
- Heart valve fixed
- Hetrial affect and defect
- High risk diseased aortic valve
- I had 3 stents put in.
- I had a blood clot in my heart.
- I had a double bypass.
- I had a stent put in.
- I had fluid in my heart.
- I have a pacemaker and I've had a stent put in.
- I have a virus in my heart muscle.
- I have blocked arteries and I've had bypass surgery twice.
- I have built up fluid in one of my valves and a weak heart.
- I have muscle spasms next to my heart.
- I have two stents.
- In 1989, stress and anxiety.
- Irhb
- Irregular heart beat (12)
- Irregular heartbeat when I was younger
- I've been told I have heart problems, but he won't tell me what they are.
- I've had open heart surgery and 7 stents
- Leaking heart valve but not unusual for my age
- Leaky valve (3)
- Mild cardio myopathy
- Mild case congestive heart failure.
- Mini stroke (2)
- Mini-stroke
- Minor heart problems-a leaking mitral valve
- Mitral Prolapse valve when I had my daughter.
- Mitral valve Prolapse (9)
- Mitral valve regurgitation

- Mitroprovalve and sinus arrhythmia.
- My EKG wasn't right.
- My heart beats too fast
- My heart is a little enlarged.
- My heart is crooked in my chest. I was born with that. There's a twist on the p-wave. Everyone freaks out about it, including doctors, which is why i don't go to them, but it has no significance at all.
- Narrowing of the aortic valve
- Occasional palpitation-exercise induced
- Open heart- anersum on aorta
- Open heart surgery (2)
- Open heart surgery, 4 by-pass surgeries
- Open heart surgery, pacemaker, pig valve
- Open heart surgery.
- Pacemaker (7)
- Pacemaker and heart murmur
- Pacemaker because my heart skipped a beat.
- Pacemaker put in 7-8 years ago
- Partial blockage of arteries.
- Pulmonary retention, mitral valve regurgitation
- Quintuple bypass surgery
- Risnia
- Skips beats
- Small artery blockage.
- Stent, lower descending artery
- Stents (11)
- Tachycardia
- Thoracic aortic aneurysm, mitral-valve repaired, and aorta replacement.
- Tia
- Triple bi-pass surgery, 9 stents
- Triple bypass surgery
- Triple bypass surgery
- Triple bypass, a pacemaker, and defibrillation.
- Triple bypass, an aorta valve replaced, and four stints put in
- Triple by-pass, lost 45% of heart function, my heart is double its size
- Two leaky heart valves
- Valve problems
- Valve replacement 21 years ago
- Valves don't close all the way
- Weak heart
- When I went to have a colonoscopy done, my heart wasn't beating right. It skipped a beat.

What kind of clinic, health center, doctor's office, or other place do you usually go to if you are sick or need advice about your health?

- At home physician
- Doctor or the hospital
- Friend
- He always comes to my house.
- Hospital
- I ask my husband because he is a doctor. (2)
- I get care where I live.
- I go to my sister because she is a nurse.
- I'm in a retirement community and the doctors have a regular schedule here
- Insurance phone help
- It depends on what's wrong at the time. I have a general practitioner that takes care of me overall.
- Mental Health Facility
- My doctor comes to my residence once a month.
- Pharmacy
- Springfield Regional Cancer Center
- The Heart House
- VA Hospital/Clinic (8)
- Wright Patt (2)

What would be your main method or way of getting information from authorities in a large-scale disaster or emergency? Other

- 911 (8)
- Alarm system
- Alert button
- Broadcast System
- Call my grandson who's a deputy sheriff
- Call the police (4)
- Call
- Car radio
- CB radio
- Cell phones (71)
- Door to door contact from them
- Email
- Getting out and finding them.
- Home phone (4)
- Home phone, I have an alarm system through the phone
- I am the authority
- I get direct information from people I work with since I work for the council.
- I have an alert phone transmitter.
- I live next door to the fire station.
- I would go to a local fire department.

- I would have no way (3)
- I'd call the fire department or squad and see what they would say.
- If I needed it I would go wherever I had to
- I'm a nurse so I would be one of the first people to know about what was going on.
- In person (5)
- Landline phone (4)
- My church has a network that would give us that kind of information.
- My fire radio
- My kids will come get me and take me to one of their houses.
- My phone or my son's cell phone
- My son.
- Newspaper
- None (2)
- None, because all it has to do here is rain and the phones go out. We wouldn't have any media.
- Personal contact and cell phones.
- Police station.
- Red Cross
- Telephone (36)
- The Health Department/ My wife is a volunteer there
- Wait on them to knock on my door
- Well it depends if I had electricity.

What is the major impairment or health problem that limits your activities? Other

- 2 herniated discs in back
- Bad hip
- Bladder problems (2)
- Blood clots in my legs
- Bone disease, osteoporosis, fibromyalgia, curvature of the spine
- Broken hip
- Cerebral Palsy
- Cervical Fusion
- Chronic bronchitis
- Circulation problems
- Cirrhosis of the liver
- COPD (4)
- Degenerative disc disease
- Dizziness
- Due to an operation, I'm weak
- Emphysema
- Epilepsy
- Fibromyalgia (3)
- Fibromyalgia, nerve damage

- Fused ankle, semi-frozen shoulder
- Gout
- Headaches
- Hernia
- Herniated disc
- Hip pain
- Hip replacement
- Hip-replacement and knee replacement (2)
- I don't have all of my legs.
- Bulging discs, neuropathy, and fibromyalgia.
- No ankle bone and from my knee down is broken
- One lung because of acid reflux.
- Problems with my leg.
- Bad spine problems and bad knees.
- I need a knee replacement.
- I need surgery for my hip.
- I recently had surgery on my shoulder. I tore my rotator cuff.
- I was in an accident and had surgery so there is a piece of mesh covering my stomach to keep it in
- IBS, Carpel Tunnel, Knee problems, no meniscus in left leg
- I'm on dialysis. I go three times a week.
- Implants
- Renal disease
- Kidney Disease and weight
- Knee pain
- Knee problems (6)
- Leg pain.
- Liver problems
- Lupus, fibromyalgia
- Lupus, gastro problems
- Migraines
- Multiple sclerosis (3)
- My spine is deteriorating.
- Neuropathy
- Old age
- Organ failure
- Osteoporosis, COPD
- Overweight and my arm/leg don't work as well on one side
- Paranoid schizophrenia
- Paraplegia
- Parkinson's (2)
- Polio
- Problem with feet
- Problems with feet and rest of my body

- Pulled hamstring
- Seizure disorder
- Sleep apnea
- Stomach problem that they're investigating right now
- Torn ACL 10 years ago, still hurts sometimes
- Ulceritis
- Weight problems (2)

What, if any, health related concerns have you experienced that are related to having diabetes? Other

- Abscesses
- Bad circulation
- Cataracts in right eye
- Dry skin
- Morton's neuroma in right foot- nerve damage
- Neuropathy (3)
- Neuropathy in the feet
- Open heart surgery
- Sharp pains in my feet
- Sleep apnea

What, if anything, are you doing now to control your diabetes or high sugar? Other

- Bariatric surgery
- Does not have condition anymore
- Exercising and cutting back on carbs
- Exercise (5)
- Exercise-Walking
- Weight loss (2)

What is the most important health problem facing your community?

Sexual behavior, AIDS, and STDs

- AIDS
- AIDS and STDs specifically with young people.
- AIDS is affecting people under the age of 30.
- Everybody getting pregnant and not taking responsibility for it.
- Premarital sex.
- Sexual activity
- Spread of AIDS and bed bug infestation.
- STDs (10)
- The STDs that young kids are getting these days.
- Unplanned sex

- Unwanted pregnancies (2)
- Unwed mothers

Cancer

- Breast cancer
- Cancer (46)
- Cancer in middle age people
- Cancer in the older generations, 60's and up
- Cancer is a problem. My husband died from lung cancer. It is a problem for any age.
- Cancer or heart disease.
- Cancer. It varies from lung cancer to other types.
- Lung cancer (2)
- Most people here have some form of cancer
- Multiple myeloma cancer

Mental health

- Depression (5)
- Depression, mental health disorders
- Low mentality of people who live in this town
- Mental health issues (6)
- No work or income causes people to be upset
- Self-abuse
- Stress (2)
- Stress from no jobs.

Poverty and homelessness

- Being poor; people not knowing what to do.
- Children do not get enough food and attention from their parents.
- Homeless people that don't have any jobs.
- Homelessness (2)
- Hunger (2)
- Lack of income
- Money
- Poor being fed
- Poor people can't get the care that they need.
- Poor people don't have enough to eat. (2)
- Poverty (2)
- Poverty and uneducated people.
- Poverty, children are most vulnerable because of lack of independence.
- School age nutrition is a problem. Many children don't get fed during the summer because they aren't at school receiving a reduced or free lunch. Our church is collecting food so they can get at least one meal a day.
- Unemployment (2)

Obesity

- Childhood and adulthood obesity and not having healthy food or activities for these people to do to work out.
- Childhood obesity (5)
- Fat people
- In Clark County, it is the weight issue.
- Lack of general knowledge on fitness and diet.
- Malnutrition/obesity
- Nutrition (3)
- Obesity (122)
- Obesity and poor eating habits (2)
- Obesity. The most noticeable groups is 35-45.
- Overeating
- People aren't eating like they should due to unemployment.
- Physical inactivity (3)
- Poor dieting (2)
- Poor nutrition and eating habits that lead to obesity.
- Women are too fat. Every picture I see in the paper there are all these people; nurses and everyone else. And I think, oh my god do you know how fat you look? Obesity is a problem.

Substance Abuse

- Alcoholism (2)
- Careless use of drugs
- Cigarette smoking (2)
- Cocaine and Heroin abuse
- Crack cocaine among the poor.
- Drug abuse (21)
- Drug addiction (5)
- Drug addiction and drug abuse
- Drug overdose
- Drug problems (3)
- Drug problems. You can't read a newspaper or watch TV without seeing someone try to steal something for drug money.
- Drug situation
- Drug use (15)
- Drug use in the younger generations (3)
- Drug use. Heroin is a bad. People younger than 35 are using it.
- Drug use. There are too many that are taking drugs. Then they get on welfare or they break into houses to get their money.
- Drug use: alcohol and narcotics
- Drugs (52)
- Drugs and alcohol (3)

- Drugs and guns
- Drugs and teen pregnancy
- Drugs are a problem. I don't know anything about them. Teens and people in their twenties are probably using them.
- Drugs are a problem. I guess cocaine is the worst.
- Drugs causing the diseases to pass in the needles and stuff like that
- Drugs sales and drug use particularly heroin
- Drugs sales
- Drugs. It is a problem for everyone that uses them I guess.
- Heroin
- Illegal drugs (7)
- Meth
- Misuse of drugs, mishandling of person to person sexual activity
- People are crazy; all they want to do is smoke crack. They rob for ten cents just to do crack.
- People with drugs and AIDS, things like that
- Prescription drugs
- Smoking (8)
- Substance abuse
- Tobacco use.

Youth

- How the children grow up or are raised.
- Teenage pregnancy (6)
- Teenage pregnancy and sexually transmitted diseases
- Teenage sex
- Teenagers running wild with drugs and sex
- The young community is having unprotected sex
- These young girls having babies without being married, I don't know what's wrong with them.
- Young generation smoking
- Young kids going off and acting goofy
- Young people taking dope
- Youth drug abuse (3)

Health care and health insurance

- A lot of people don't have coverage for what they need or have a hospital to go to that will accept them.
- Access to health care and people can't afford it.
- Access to health care. (8)
- Access to health insurance.
- Accessibility of health care, insurance. (2)
- Adequate homecare service
- Affordability of health care and insurance

- Appropriate access to medical care
- Being able to afford preventative health care.
- Better health care coverage for people
- Cost of health care (20)
- Cost of health care and drug abuse.
- Cost of health insurance (7)
- Cost of prescription drugs (2)
- Dental care in children
- Doctors and emergency rooms are all rude and too long to wait.
- Health access for people who can't afford it is a problem.
- Health care
- Health care for babies and the elderly. Babies need their immunizations and they're just not doing it anymore.
- Health Care is not affordable for people that have been retired.
- Health care is way too expensive. It is always more than the insurance wants to pay.
- Health care issues because nobody knows where it is going to go.
- Health insurance for everybody
- I don't think the kids from lower income families here receive enough health care or their parents don't take advantage of the benefits that they can receive.
- I think the fact that we have nowhere to go where we can afford.
- Inability for people to be able to pay for their health care so they are not going to the doctor not even for their routine checkups.
- Inaccessibility of health care to some people is problematic. I volunteer at a soup kitchen and I've talked to many people in there who cannot get help with health insurance or can afford it, or have transportation to take them to the doctor.
- Insurance
- Keeping health care
- Knowledge and getting check-ups
- Lack of a decent hospital
- Lack of dental care for the poor.
- Lack of dental insurance
- Lack of funds for health services
- Lack of health care (5)
- Lack of health care coverage (5)
- Lack of health care for people and not having insurance.
- Lack of health care for people. A lot of people don't have work
- Lack of health care. I get Caresource and I've been trying to find a new doctor because I'm not satisfied with mine, and every doctor I've called say that they either aren't taking new patients or Caresource patients at this time, and they are supposed to take Caresource.
- Lack of health education. I'm a health care professional and I see people come in and go to any website and get material from the internet that isn't factual so they're misled
- Lack of health insurance (25)
- Lack of health services for everyone, jobs, and economic development.

- Lack of insurance and lack of general practitioners
- Lack of insurance cards
- Lack of medical insurance and high cost in general of medical care
- Lack of money to go to the doctor
- Lack of primary care because I am a retired paramedic and we took people to the emergency room for basic things
- Lack of true health care. Doctors don't care anymore, especially the hospital.
- Medical costs
- No jobs so more people don't have health insurance.
- Non-health care
- Not being able to go to the doctor when you need to is a problem.
- Not enough doctors
- Not enough drop in clinics for health care.
- ObamaCare (3)
- One problem is that people aren't insured. It's a problem for all of the people that are unemployed.
- People are not receiving health care and therefore are not seeing their doctors on a regular basis.
- People can't afford preventive care. (2)
- People can't afford to go to the doctor.
- People don't get routine doctors exams
- People don't have health insurance and they can't get it; they can't take care of their medical needs
- People not being able to be seen by a doctor.
- People not being able to pay their own medical bills
- People without insurance and they just don't go to the doctor.
- Prices have gone up and it's hard to afford to go to the doctor and pay for prescriptions.
- Probably people not having money to get to the doctor when they're sick.
- Quality of hospital care (2)
- The allopathic medical system, it's a disaster
- The cost of health care is bad across the board for those who don't have employers that don't provide it.
- The cost of health care is bad. I think a lot struggle with it. Of course not everyone struggles with it, but there a lot of people.
- The economy and people not being able to afford health care
- The fact that people that need help with insurance can't get it because they own their home. It seems like they only want to help the people with a lot of kids.
- The hospital is bad. I just hear bad reports about it.
- The inability with the lower income people to get adequate help with health care.
- There are tons of problems but the one I can really think of is lack of health insurance. Other than that there are STDs and drugs right up the street. With the health insurance they just go to the emergency room anyway and I end up paying for it.
- There are too many children without health care.

- There is a lack of insurance. It could be a problem for anyone because they might not have a job or an employer that provides insurance.
- Those who don't have income and cannot get care.
- Too many people don't have access to insurance, doctors, or the health care they need.
- Too many people don't have insurance and don't have access to health care.
- Under-served families and lack of health care
- Unemployment because people can't afford health care.
- Unemployment is so high that many people don't have health insurance
- Uninsured
- We do not have a good emergency room. My husband almost died over in our hospital. I don't know who took over our hospital, but they have done a terrible job. My sister just went in and they were getting ready to discharge her when she's puking up blood. All they care about is shipping people out. The doctors don't care. I think it's because of insurance. The hospital does not care.
- Well we only have one hospital since they've switched it. It's hard to get medical care for people trying to make a living without welfare. If they make \$2 over the limit they refuse to help them and it's very unfair. They shouldn't penalize people that are working.

Crime

- Anymore, it's just stepping outside. You can't walk down the street without getting hit in the head or robbed these days.
- Crime
- I am so disappointed in the number of crimes committed in Springfield. Everyone is killing each other with guns. Why? Maybe because of all the drugs and alcohol.
- People that get into fights and use guns are a problem.
- Prostitution
- Stealing
- There's too much violence.

Aging

- Age-related problems for the elderly.
- Aging (3)
- Alzheimer's (2)
- Cuts in Medicare. Taking things away from seniors. They are old and don't have any money.
- Dementia (3)
- Diabetes in older people
- Elderly
- Elderly abuse
- Elderly people not having proper health care (4)
- I think getting help for the elderly. The medicine that doctors provide, the elders can't afford it.
- Living in an older community
- Old age (18)

- Old age because it's a condo and we don't seem to be getting any younger. It's all old couples and even single people.
- Older people not being able to go to doctors because they can't afford them and the medicine
- Stress among old people
- The things that happens with old age like arthritis and osteoporosis.
- There are heart problems because everyone around here is getting older.
- They need to take better care of the elderly.
- They're not giving enough health care out, especially to us older people. The prices are too damn high.

None/Don't Know

- I can't answer that. I don't know anything that doesn't get done.
- I can't speak for my community
- I don't know (257)
- I don't know because everyone seems healthy.
- I don't know because I don't get out much. (6)
- I don't know because I live in a retirement community and I've only lived here for a year.
- I don't know because I live in a retirement community.
- I don't know because most everybody around me is healthy.
- I don't know because most of the people around here are retired so it's just survival and coping.
- I don't know because there's a lot of old people here and we all have different health problems.
- I don't know enough about my community to tell you.
- I don't know that we have any, we're in the country
- I don't know, I don't really talk to anyone in my community.
- I don't know, I think everyone is good here
- I don't know. I don't get out much. I think the most significant problem that our community is facing is the government and prosperity.
- I don't know. I live in a good community. I really don't know any problems.
- I don't know. I never ask people about their troubles. I try to take care of my own.
- I don't think there are any because it's a pretty good community.
- I don't think there are any because we're all clean retired people around here.
- I have never thought about it (3)
- I haven't really heard too much about anything major going on around here.
- I lived in Asia for most of my adult life, and compared to other places there aren't any health problems here.
- I'm not sure; I live in a little community. I don't think there's any one thing that is a problem.
- I don't know what everyone else is doing. (3)
- I've only lived here a year and a half so I don't know
- I've only lived here for 3 years so I don't know.
- N/A

- No opinion
- None (9)
- None that I'm aware of (8)
- Refused (6)
- We live out in the country. We don't live near the city. There are no problems here in my opinion.
- You'd have to ask my neighbors.

Heart problems

- Heart attacks (3)
- Heart disease (12)
- Heart problems (5)
- High blood pressure (9)
- There are a lot of heart problems in my high rise building.

Other

- Arthritis (5)
- Asthma and breathing issues (5)
- Back problems
- Bed bugs (2)
- Bugs
- Chemicals used in the fields and water
- Cleanliness
- Common cold during cold season.
- Dental
- Diabetes (17)
- Families that live with mice and in dirty conditions.
- Farmers spraying that junk all over the place.
- Flu (2)
- Honestly I feel people the that aren't getting vaccinated are spreading disease to people who are.
- Ignorance
- Immunizations
- Lack of service in the county.
- Most major companies are moving out and not having jobs is causing stress and people have to take lower paying jobs.
- MS
- Not having enough sidewalks for people to use.
- Obama.
- Pneumonia
- Pollution
- Rabies
- Republicans
- Respiratory problems

- Shingles (2)
- Staph and MRSA
- The board
- The water supply is terrible. It's supplied. They say it's tested for bacteria and things but you never really know. I buy bottled water.
- There are a lot of common viruses.
- There are a lot of people walking with canes.
- There is too much advertising of illness. It gets people to believe in it.
- They need to watch what chemicals they are consuming through the food they eat.
- Too many people are misdiagnosed or they do not know what the problem is.
- Transportation

In your opinion, how can this problem be reduced or eliminated?

- A little more activity in Columbus and Washington instead of acting like children and bickering. They need to bring jobs back from overseas.
- A lot of people are stressed because they're out of work. They don't have jobs and have serious health problems.
- A lot of people don't go to doctors; you at least have to have a checkup once a year. If people did that it would help
- A place where people can get help that is free, I know someone who had a drug problem who wanted to get help but he couldn't because he didn't have money. People on drugs can't get help and get off of it. McKinley Hall makes people pay to get help, people don't have money or the right insurance. It should be a free service. That's wrong
- Air quality index and weight loss
- Alcohol needs to be banned. Bars don't have to stay open all night. They need to be home in bed instead of getting killed.
- All the teenagers need to be on mandatory birth control. As soon as a teen mom gives birth to her first child, she should be sterilized. She shouldn't be allowed to leave the hospital until she is. We don't need to take care of it.
- Allow people to have some type of income, being given a couple thousand dollars so they can pay a bill. They would be able to pay a bill they might not ordinarily be able to.
- Anti-drug programs in schools
- At this point we're all tight on money and I think the only thing to do is to go on with the Obama healthcare plan. It's the best bet if we can just hang on until it comes into play.
- Attract more doctors and try to keep the ones we have now.
- Awareness (3)
- Awareness and education
- Awareness of nutritional issues
- Ban them
- Be stricter on them.
- Being checking more often, preventive care.
- Being overweight doesn't help.
- Better control.

- Better eating habits (2)
- Better education and programs to so people realize they need to stop eating crap and they'd lose weight.
- Better ergonomics
- Better parenting
- Bring back the two hospitals in Springfield.
- Bring new business in that pays well.
- By having the Obama bill go through
- By taking greater personal responsibility
- By taking it out of the realm of the courts and the justice system and placing it into the realm of doctors and physicians
- Change in leadership at the national level.
- Change of government
- Change the freaking government because it's not working right now. The people around there are fed up. They don't like it but they don't know what to do about it.
- Check on the elderly.
- Churches opening up room for volunteers to have a drop in clinic.
- Closer check on people
- Common sense
- Communication between pharmacies and doctors
- Communication with people
- Communication would help. Doctors, nurses, TV shows and etc. should let people know more of what it would do for them.
- Community support of planned parenthood, education about unwanted pregnancy, and free distribution of condoms and birth control pills.
- Congress should be able to step in and reduce it, especially for families.
- Controlling cancer because it would eliminate a lot of jobs if it was no cancer.
- Convince people that they need to use protection when having sex, really just wait to have sex until they're married
- Cut back on what you're eating and do more exercise.
- Cut out pop and the snacks from the schools and make the parents and teachers educate the kids about nutrition
- Cutting the cost of care.
- Diet (3)
- Diet and exercise (16)
- Diet, exercise, and prevention
- Do away with them.
- Do not reelect President Obama.
- Doctor care, exercise, and media coverage
- Doctor checkups
- Doctor giving more information on diets and what's best to eat.
- Doctors need to listen to the patient more instead of assuming things and jumping right into tests. My doctor wanted me to do pain management shots instead of medication but I didn't do it because they make me worse.

- Doctor's visits
- Don't be silly about that willy.
- Don't do it. (2)
- Don't smoke or take drugs, eat properly and don't eat much meat
- Dying
- Eat less
- Eating less fast food would help.
- Educate them on healthier eating habits.
- Educating children and adults, they're getting information but they're mostly ignoring it
- Educating the young people about condom use and sex
- Educating when they're young
- Education (38)
- Education and children and young adults need to be informed by their parents what is bad about doing drugs and then they will be stronger in the real world.
- Education and doctors need to know more about nutrition.
- Education and enforcement. When you call the police there has to be a factor response time. People need to be educated. Parents have to be aware of what their children are doing.
- Education and it has a lot to do with fast food industry.
- Education and it starts when they're young.
- Education and it would be nice if fruits and vegetables cost as little as McDonald's does.
- Education and law enforcement
- Education and less fast food
- Education and more facilities to help people
- Education and the taxation seems to work well.
- Education and understanding what portions are and so forth.
- Education in schools (3)
- Education in the home (2)
- Education is one thing, but you can't just reward somebody for just going out and getting pregnant and they put them on welfare and do everything for them. If you get pregnant you need to pay the consequences. There's got to be some kind of solution. A lot of kids are getting rewarded for getting pregnant.
- Education or talking to the parents and opening up their eyes.
- Education starting as young as possible
- Education, exercise, and community involvement to encourage people
- Education, people don't seek help, drug treatment and counseling is good
- Eliminate half of the drug companies. Put honesty back into practices. There are some good doctors, and I'm grateful for them, but too many doctors push drugs on you and tell you to tell them how it makes you feel. If you don't know what it's going to do to me, or what's wrong, I'm not going to take it. That's what killed my best friend. They had him on nine medications for no reason.
- Eliminate processed foods
- Eliminate the stress
- Employers need to have it.

- Employers offering gyms or memberships to gyms.
- Enforce the law about not smoking in clubs that still allow it
- Environmental tracks
- Everybody be aware and do their best to participate in getting supplies to these people
- Everybody help people out.
- Everybody who works should have insurance.
- Everyone get up and do a little bit more.
- Everyone needs to get a mammogram.
- Exercise (5)
- Exercise and getting knowledge out
- Exercise and stop sitting in front of the television
- Exercise more and diet better
- Exercise, dieting, taking vitamins
- Exercising and watching your diet. They can probably eliminate it or reduce it if they take care of themselves.
- Fathers need to actually start acting like fathers.
- Find a cure (2)
- Find the SOB selling drugs and shoot them.
- Finding cures
- Food grown locally, healthy food
- For one thing, there are some people that need narcotics or pain pills. It's just something they need. That is different than just getting them to get high. I feel you have to have a valid reason.
- Free health care (2)
- Fumigate the houses.
- Get all of the idiots off the streets.
- Get junk food off the market.
- Get more and better jobs
- Get more jobs in Springfield
- Get more mental facilities available with better doctors.
- Get more taxis available to older people.
- Get our economy moving
- Get people back to work and off of drugs.
- Get rid of fast food (2)
- Get rid of Obama.
- Get rid of the president and get one who's going to energize people to get an education and get to work
- Get the dealers
- Get the drugs and the druggies off the streets.
- Get these people around here that are selling drugs to kids
- Getting information to people that health care is available whether they have insurance or not
- Getting people to change
- Getting people to pay attention to what they do as individuals.

- Getting the politicians to work together and work as people instead of parties.
- Go to the doctor a lot and get all the medical attention you can.
- Government funding
- Growing pains at the hospital. New mental health place up and new facilities are going up that will help.
- Happiness
- Have earlier education in grade schools and preventative programs for children.
- Have everybody get vaccinated
- Have everybody receive a vaccination
- Have parents watch their kids more closely.
- Having everybody get vaccinated
- Healthcare needs to be more accessible
- Healthier eating (2)
- How they are raised, parents need to take care of their children.
- I am a Christian and I think there are so many advantages to waiting.
- I believe that through the rocking horse more services are now available but we just need additional medical people and funding.
- I couldn't answer that
- I don't have an answer to that. (3)
- I don't have an opinion on that.
- I don't have any idea, shoot them all
- I don't know (147)
- I don't know because I have done my best to clear my neighborhood of it but I really don't know.
- I don't know because I realize that doctors get more money from certain insurances or the ones that are self pay than from Medicare and Caresource. The only thing that would help is for doctors to stop being so greedy.
- I don't know because Obama's national health care is just confusing to me. It could go back to the employer. I know that they used to have to give people insurance but they stopped doing that.
- I don't know because they eat too much.
- I don't know but socialism isn't the answer.
- I don't know but when I got married you had to have a blood test.
- I don't know even know where to begin. A lot of the diagnostic tests seem ridiculously expensive as well as physical therapy. I did physical therapy once and I'll never do it again for the little bit of good it did. Some prescription drugs are high, especially for people without insurance or without very good insurance.
- I don't know it has to start at home and more police involvement
- I don't know with this city. I don't know. Part of my problem is living here in Springfield. I hate it. I've never seen a town like it.
- I don't know, but we do not have a good treatment center here.
- I don't know, I need to sit down and look at this health care plan that President Obama has. I would pay for decent health care
- I don't know, making it less expensive.

- I don't know. I don't have an answer.
- I don't know. I have Medicare and other insurance and I always have to pay. They should just take what the insurance pays.
- I don't know. If I knew I'd be in politics.
- I don't know. Take Mexico off of the map.
- I don't know. You know Springfield is the most depressing city in the United States, and the young people are just on drugs. They are stealing and a lot of the old people are too. The economy is so bad in Springfield and I don't know why anyone would live here, although I do. I keep to myself and live alone and I'm too old to move.
- I don't really know. You just get older. I know they are doing cholesterol screenings for younger people but it is almost too late for older people. They are getting stints and stuff.
- I don't see any way it could be reduced or eliminated
- I don't think I could answer that.
- I don't think it can be reduced or eliminated (22)
- I don't think it can because this is an old people's area
- I don't think it will, certainly not by government rule. People just need to eat less.
- I don't think people without health insurance should be penalized for not being able to pay bills; we shouldn't put people in jail for that. We help other countries all the time but we can't help people without health care in our own. We need to have more free health clinics for people in need of them in our communities
- I feel like it's a lost cause really because it has to do with society and today isn't like it used to be. There's a lot of kids these days who follow music and people and they don't have good role models.
- I feel that dental students should set up a clinic in the community.
- I just think that people need to be more educated about their eating and activity habits because they don't pay much attention to that.
- I like Obamacare. I think it addresses some of the problem of cost.
- I lost my last wife to multiple myeloma in 2009. They're doing a lot of research, and I donate to the cause. I hope they continue working to find an answer.
- I really don't know. I worked for 32 years to get my insurance and a lot of it has been taken away now so I don't know.
- I really like what they said about the drug testing and if they test positive they lose their benefits.
- I think a lot of the food in stores is fake food and engineered.
- I think healthier foods in the school system and more exercise for children from their parents.
- I think if somebody gets charged with selling drugs, they should have 3 strikes and after that then we shouldn't put them into prison, we should execute them. People die from heroin
- I think if they legalize at least hemp and tax it like any other thing like cigarettes or alcohol it would take the fascination out of it if they would make it legal because some people just want to do it because it's illegal.
- I think it's a family issue. The kids eat what mom feeds them.
- I think it's difficult. They need to control the drugs more and educate the kids more about the harm they can do, but if the parents don't do that, I don't know how it can be solved.

- I think money needs to be channeled away from destructive things and moved towards a more constructive health care.
- I think our Congress and Senate need to do some compromising.
- I think people should have a living wage.
- I think that the police are doing a good job, but it seems to me that if drugs were not illegal then you wouldn't have drugs coming in from other countries. I don't know if that would help or not or if I would vote for it.
- I think the government needs to get involved in order for the price to go down. I lived in Europe where the government has been involved in healthcare and they seem to do a pretty good job and manage to keep prices lower for the same drugs. Drugs here are double or triple the price they are in Europe.
- I think the kids should just grow up.
- I think the police department has several classes and groups they have formed to try to make this better, and better in the school. Educate the kids to let them know how dangerous it can be.
- I think they should marijuana legal.
- I think we need more cops in this area. They also need to keep a closer eye on our stores. Did you hear about the gunman at Schuler's Bakery? That's scary.
- I think with kids it would start with their parents telling them no to certain foods.
- I would hope that we make a plan.
- I would like to see free dental care for everyone.
- I would say weight loss maybe and get regular check-ups or whatever.
- I'd just like to get the hell out of here.
- I'd like to see people on welfare be tested for drugs and taken off if the test comes back positive.
- If doctors were to stop prescribing illegal medication
- If law enforcement get to the drug users and dealers.
- If medical people would take one day a month and just offer their services to people at least they could begin to get healthy.
- If Obamacare doesn't add another tax, it could be a good idea.
- If people could get free clinic services no matter the person's income
- If people quit smoking and do exercises and take care of themselves.
- If people would get educated, have protective sex, and if they do get one they need to get treated.
- If people would just and lose weight, eat more healthy or take classes or something
- If police and the neighborhood residents talk to them more.
- If the fast food restaurants have healthier foods
- If there were less stress factors in the household and maybe job security.
- If they could get away with people who scam Medicare. Get rid of the problem.
- If they had the ability to purchase healthy food and have the means to get healthy food and cook it for their families. It's a matter of cost for most people.
- If we figured out how to create more jobs that would solve some of the problem
- If we get Planned Parenthood out of the picture and support The Pregnancy Resource Center this will help young girls.
- I'm hopeful that it will change so everyone will afford it.

- I'm not sure because I am a recovering alcoholic and drug addict and it's a really personal choice to stop. The only option is more community involvement and people watching out for their neighbors.
- I'm not sure, they're working on it. A lot of it is because of traffic and weather
- I'm not sure. I don't think you can eliminate it.
- I'm not sure. I don't want to get into politics.
- Implement our President Obama's plan in our state and our governor needs to accept the money he gives us.
- In this day in age I don't know. People should be very highly educated about it. STDs are everywhere and people know about it but they don't seem to talk about it
- Increasing the knowledge of whatever health programs that are available, and single payer health care.
- Insurance for everyone
- Intervention
- It can't be eliminated; we don't have enough money to reduce it
- It eliminates itself.
- It is each person's responsibility to watch their health.
- It needs to be monitored more, and there needs to be more education about drug use.
- It seems like it's hard to get a message out to those who need it.
- It seems that people that are poor are disregarded. Fresh fruits and vegetables are not accessible to them. If it was then they may choose that over a burger.
- It should be analyzed and checked more often. It makes you wonder if it's being checked as often as they say it is.
- It should be based on the county and city.
- It won't be.
- It would take the elected officials to make sure we're remaining healthy. Clark County board of health should start programs. We need activities and things geared toward senior citizens.
- It's a worry because so many people don't have it. But I don't really have a solution. I just know that it is a huge problem.
- It's just a person's willpower.
- It's mainly up to the individual but maybe more education and better role models
- It's only when it is hot. You can't change the weather; I guess just stay in the house.
- Jobs are being sent to other countries they need to stop that.
- Just continue to try to get it out of public areas and stop having it in workplaces and restaurants
- Keep exercising and take medication
- Kill the TV or something
- Law enforcement need to get the dealers off the street and try to clean this area up.
- Legalize all the drugs so people would just do them so much they just go ahead and die.
- Less government involvement
- Limit fast food restaurants.
- Lower the cost of healthy products and to lower the sense of urgency to hurry and get things done.

- Lower the healthcare costs
- Make healthy food available and convenient.
- Make insurance more affordable for people, people need to stop being so stubborn.
- Make insurance more affordable.
- Make it more affordable for all. (3)
- Make it more affordable. I don't think it should be associated with work
- Make it more costly for drug peddlers. Manslaughter if someone dies a dealer who a dealer has sold to.
- Make them legal
- Make them pay when they go to the hospital.
- Making drugs legal (2)
- Making it cheaper to see a doctor.
- Making it more available to everyone
- Making sure everyone has health care
- Maybe get a different president in
- Medication
- Medicine and exercise
- Medicine, live with it
- Minimize smoking
- Monthly breast checks, yearly trips to the doctors, mammograms, things like that
- More accessibility to doctors.
- More availability of places where you can exercise at.
- More awareness
- More check-ups
- More clinics should be available for low income people.
- More cops in the neighborhood.
- More education (2)
- More education and more law enforcement
- More education and patrol by police
- More exercise and less fast food
- More free clinics, more low-cost services that people can afford and more government funded healthcare.
- More generic prescription
- More government benefits for older people
- More involvement from the parents
- More jobs (6)
- More jobs need to be provided so more people will have money for food.
- More law enforcement
- More money in the economy for the health department
- More money to fund experiments and stuff
- More opportunities for preventatives that is not a great cost to the person. More education and interaction for younger teenagers and firmer charges for drugs.
- More police
- More research to find out how to stop it.

- More social workers in the schools working with the parents
- More specialized training
- More testing and people giving money to fund testing
- N/A (311)
- Nationalized healthcare (2)
- Need to educate people and be able to get them off of it.
- Need to persuade more people in medical school to go to general practice instead of specialties. I think more people should get to work for the insurance problem.
- No idea
- No more video games.
- No one exercises anymore and they just need to eat better I guess.
- No problems
- Not eating as much fast food or junk food.
- Not eating sweet food
- November 6th the election.
- Offer health insurance at a reasonable rate
- Only God can do it.
- Parental education (2)
- Parents are enabling their children because they are not paying enough attention to them.
- Parents need to be more proactive with their children and teaching them. Both of my girls have had the HPV vaccine, and I've talked to them a lot more about those types of diseases. I've heard that Clark County is very bad for that but I don't know the numbers. It is predominantly poor here though.
- Parents should watch what their kids eat more
- Pass laws where we get stronger healthcare
- People have to do it themselves and nobody can help you if you don't help yourself.
- People must be educated and not told what to do. It's an individual responsibility for receiving health services, they can't be coerced.
- People need to be careful with what you eat and drink
- People need to be educated.
- People need to be more educated about their diets.
- People need to diet more. It is a cultural thing because some cultures eat worse than others like tons of fried stuff, chocolate covered fried bacon is not good and they sale it at the fair, and they have taken bacon and put it all over hamburgers, disgusting!!
- People need to eat right and less.
- People need to get a grip on their habits and realize that their body can only take so much abuse. They need to cut back on the portions, cutback on fat and high cholesterol. Whatever adults do the children are going to do too, better role models. Less snacking: soda pop, candy, crackers, cookies, cake pies. Exercise regularly. People need to have fun outside, children especially.
- People need to quit getting old
- People need to start eating at home instead of going out.
- People need to stop smoking.
- People need to take better care of themselves.

- People taking better care of themselves and see their doctors.
- People wanting to make a change.
- Personally I believe it's because of lack of spiritual values and integrity on part of the people.
- Prayer
- Prayers and manpower and people seeking help.
- Pre-screening
- Preventative education (2)
- Probably through information about it.
- Provide more accessible transportation.
- Public education to get people out to exercise
- Put the dealers in jail
- Put them in jail.
- Quit eating junk food (3)
- Quit Medicare cutbacks
- Quit smoking and drinking
- Raise taxes on those with money to pay for healthcare.
- Realize that the law is helping them not totally support the insurance companies
- Really a huge issue, un-equal distribution of wealth. Provide universal healthcare.
- Reduce the amount of hours cable is available.
- Refused (7)
- Remove some of the fast food restaurants, people aren't eating right, its just too convenient
- Research (3)
- Safe sex (3)
- Salvation would help. We need to take responsibility.
- Schools can do more to teach the children about eating healthier and about portion sizes.
- Science and research (2)
- Self-control
- Shoot all the drug dealers.
- Socialized medicine
- Someone needs to step in and get some good stiff laws together, we have waste of energy and the environment is hurting and we need to spend there but we need help with health care and the government needs to clamp down on that
- Start with the children; parents need to stop giving them so much junk.
- Stop eating McDonalds
- Stop getting immunized. I have had too many friends have problems with them, especially my son.
- Stop having so much sex with prostitute. Treat your house and watch who comes in and who brings what in your house.
- Stop smoking and eat healthier foods.
- Sunscreen
- Support groups
- Take people off of welfare and make them get a job.

- Take the drugs away from those people!
- Taking the vaccine to prevent shingles
- Taxing unhealthy food
- Teaching parents better grocery buying habits. No McDonalds.
- Tell congress to quit fighting with each other.
- Tell the government to keep out of people's business and quit messing with the insurance and raising rates
- Tell them to get jobs.
- That's a good question. I don't have a PhD in that. I don't know. I just know what I see and read.
- That's a good question. If I knew that I would make millions. The best I can come up with is more education, but I know there is more to it than that.
- That's up to the government.
- The community needs to work together with all groups to make sure they're fed.
- The community pulling together to make companies pay the average pay of what national pay is.
- The federal government
- The government could do something about it. They could subsidize employers so they can pay for it.
- The government is working on it now but other than that I don't know.
- The government will have to step in somehow and make sure everyone has insurance because you can't afford it by yourself.
- The Health Department needs to have someone on staff and needs to know how to treat someone with boils and they should give that person an exam. Someone needs to be hired to go from home to home to check for bed bugs.
- The lack of those items for, cheap crack I think that's running rampant in this town. I'm really not sure if I'm saying this correctly, I've heard there is a lot of crack
- The policemen need to get off their butts and get them instead of picking over people for having a tail light out. The police here are just laughable.
- The president needs to quit wasting money frivolously and everyone needs to quit fighting with him so things get done.
- The schools need to get the parents more involved so that when they register for the school they can push this issue. Have a floating nurse or doctor come to the school and do checkups on the kids.
- The whole world is like that, they are all out there to get the best dollar.
- There are lots of free clinics and condoms.
- There are so many ways. I wish parents had a better idea about foods. People don't understand what they are eating and what it is doing to them.
- There has to be some cap on healthcare costs. It's costing more in the long run because people avoid getting preventive care.
- There is a cure for cancer out there but the drug people won't release it. I believe they have a hand on it. If they said they had a cure, the financial aspect of the country would be hurt; there is so much pharmaceutical money out there. That's just my political opinion.

- There needs to be more programs available for people so everyone can have access to health care.
- There should be some way to contact a company for the medicines and say, "hey this is what I got" and they should make exceptions for the elderly. They don't make any exceptions to the rule.
- There should just be more knowledge about it and more funding.
- They can just do more research to find a cure.
- They could allow folks to join a large healthcare group so that it would be more affordable.
- They could legalize marijuana. That would cut down on drug crime.
- They could lower the cost and make it affordable.
- They could start educating people about how to be healthy. Also, I think that they should start removing people from public assistance and make them pay for their own medications. They need to be responsible for their own health.
- They could stop feeding the people on welfare because most of the time that's what it is.
- They have to want to. There are enough resources out there, they just have to want to beat the addiction.
- They just need to make better choices.
- They need better nutrition and more education in the schools.
- They need mothers who know how to feed them, better care
- They need some sort of place where they can do activities, like a recreation center. A lot of people can't afford a YMCA membership, so the kids end up staying inside playing video games.
- They need to be loved more and educated more.
- They need to close the Mexican border and stop letting drugs in. I really don't know.
- They need to do something like Obama is going, I don't know how that's going to work but we need to have some type of insurance for people so they're taken care of
- They need to fire a bunch of people and start over. I went one time years ago and I was paying the receptionist and the guy said he couldn't read my mammogram. Now I go to Columbus for all my doctors.
- They need to get out of the house, do something.
- They need to have more activities for people to do around here, maybe put a drive in back in
- They need to make dental health care, more available, maybe a free dental clinic in the area
- They need to make it a law that all kids have to have their immunizations and put aside money for old people that can't afford healthcare.
- They need to make laws stricter.
- They need to make those illegal drugs legal and then raise the prices so they are really high.
- They need to research how exercise helps it.
- They need to start arresting all these people who are transporting the drugs into our state and our country and they need to figure out why people are making synthetic drugs. I have a 35 year old son that I raised drug free and he's still drug free, I just think they need

to pick up on where drugs are coming from and where they're going and just get on with it

- They need to take away from the rich and give it to us poor who need it.
- They should lower the cost and we cannot get Medicare until we are 65 years old. They also need to include doctor visits and medication in a plan for people who are retired. I have to pay over \$200 a month on medication that I need because I have had two strokes and I can barely afford it.
- They should more effectively prosecute drug users and sellers.
- They should pay more attention to senior citizens everywhere. Be able to help those who can't afford medication, eat properly, or have a place to live.
- They've just changed the water system so that's cleared up. We now have an infiltration system so the bad water is gone and we now have good water.
- This is going to sound terrible, but socialized healthcare for everyone.
- Through condoms use.
- Through education
- Through education like people that have been through rehab need to come talk to young kids instead of police officers. There should be a scared straight program, but start it at a very young age.
- Through education, example, and people have to want to help themselves.
- Through treatment
- To make it more affordable.
- Try to do away with it but that's hard to do
- Try to stop killing Springfield. We need more enterprise.
- Universal health care (2)
- Unless they can come up with some kind of drug that will help it, I don't know.
- Vote Democrat
- Vote Republican
- Washing hands (2)
- Watch what we eat and cleanliness
- Watch your health.
- Watching your diet, use less salt, and exercise
- We all have to stop shoving fast food in our faces.
- We are so screwed up and I get so sick and tired of the things I see on TV.
- We don't have time to dissertate that one. I have very strong opinions on that one.
- We have to stay healthy
- We just need stricter parents. We don't have them. Stricter home lives and the courts let kids get away with stuff, but if they had a little punishment they would learn something. Parents have to know they're doing it and don't do anything about it and when they listen to television they get encouragement and that doesn't help either.
- We just need to educate people.
- We need a better response from the police department when neighbors are calling because they see neighbors selling or shooting up.
- We need a change in the White House and a new president to make healthcare more affordable.
- We need a health plan for people who are underemployed.

- We need more counseling for people and more cops.
- We need more jobs and more people to get approved for help.
- We need people to pay attention and have bedside manners.
- We need to allow people to have government paid health care.
- We need to bring more manufacturing back to this country.
- We need to get it off the streets but it's not a very fast process.
- We need to get rid of it and not have forced health care.
- We need to get some jobs back that we let go across the pond
- We need to keep ObamaCare.
- We need to lower the cost of health care.
- We need to quit eating so much junk, but we don't, and we also need to exercise more. We all know this. We just don't do it.
- We need to repeal it.
- We need to start good health education when kids are little and at school. Health education has to be coupled with good example and consistence with follow up at home, if you don't start when your little they' develop bad habits
- We should be ahead of this after all these years.
- We should have health insurance for all
- Weight loss
- Well hopefully they will find a cure.
- Well I think exercise is important and I think stress is a bad problem. People are stressed more than they used to be. People aren't eating right. People are under more pressure which causes stress.
- We'll never get a handle on it.
- Well that's not up to me to decide.
- What they are doing already.
- Whatever can be done to lower the cost of medicine and doctors' visits. It just keeps going up and up. I also think that sometimes the insurance is higher because of people suing doctors too much. That needs to be addressed by somebody.
- Where does it come from? We just don't know. We should just watch our health.
- Wider access to insurance
- Wish I really knew
- With more opportunity to get out and do more recreational exercise.
- You have to be in control of your intake of food and I don't know how to get people to do it.

In a large-scale disaster or emergency, what would be your main method or way of communicating with relatives and friends?

- A 2-way radio but I do not yet have one.
- Alert button
- By car
- CB radio

- Cell phone and landline phone
- Computer based
- Daughter lives next to me
- Drive or walk over because they live pretty close
- Driving there
- Driving, ham radios
- Face to face (7)
- Fire Signals
- Friends and family live close so it would be one on one
- Getting out and finding them.
- Hand-held radio
- I don't have anyone I can't walk to that I would want to contact
- I don't know, Birds. In a large scale disaster I don't know what we would have.
- I wear a thing around my neck like in case I fall, and someone will come get me.
- I would have to go in person
- I would walk 2 blocks to my daughter's house.
- I wouldn't be able to because we are so far apart and internet and phones probably won't work.
- I wouldn't communicate with them.
- I'd get in my truck if I could and go meet them.
- I'd just go to their house
- In person (8)
- In person, we live in the same area
- In that situation, I would just have to see them.
- Internet
- I've always told them to meet at a certain place.
- Landline phone
- My family and I have a central meeting place.
- My life alert cell phone has bad reception and it scares me that I wouldn't be able to contact my friends and family. We also need a generator to survive without electricity with our medical equipment and we don't have one.
- My son.
- No way (2)
- Phone - which ever works
- Phone but the type would just depend
- Radio
- Smoke signals
- Son's cell phone
- The neighbors.
- Walking because we live close to each other
- Word of mouth

What type of pregnancy education or classes did you receive during your last pregnancy?

- Birthing classes (2)

- Breathing
- Childbirth
- Doctor's instructions
- I just had a baby.
- Just basic education from my gynecologist
- Nutrition
- Parenting classes
- Video
- Vitamins (2)
- Word of mouth

About how many times per day or per week do you check your blood sugar or glucose?

Per Day:

- 1 (60)
- 2 (36)
- 3 (16)
- At least 3 times a day
- 4 (7)
- 7

Per Week:

- 1 (12)
- 2 (7)
- 3 (9)
- 4 (6)
- 7
- 12

On the average, about how many cigarettes a day or a week do you now smoke?

Per day:

- less than a pack a day
- 40-60
- 2 (2)
- 3 (2)
- 4 (3)
- 5 (8)
- 6 (2)
- 7
- 8
- 10 (35)
- 12 (4)

- 15 (14)
- 17
- 18
- 20 (49)
- 25 (2)
- 30 (10)
- 40 (6)

Per week:

- 3
- 5
- 10
- 20 (3)
- 40 (2)
- 50
- 60
- 200 (2)

During the past month, how many times per week or per month did you drink any alcoholic beverages, on the average?

Per week:

- 1 (63)
- 2 (44)
- 3 (27)
- 4 (12)
- 5 (10)
- 6 (4)
- 7 (39)
- 14 (2)
- 42

Per month:

- Less than once a month
- Randomly throughout the month, I can't even say once a month, it's just random
- 0
- 1 (92)
- 2 (47)
- 3 (15)
- 4 (15)
- 5 (4)
- 6 (5)
- 7
- 8 (2)

- 9
- 10 (2)
- 12
- 14
- 15 (3)
- 18
- 20 (3)
- 25
- 30 (2)
- 60

Employment status. Other

- Caregiver
- Part-time and self-employed equally
- Unemployed
- Volunteer

Have you had a problem finding (Other):

- Grandchild's daycare

Do you have any additional comments or questions?

- I can't say enough great things about the Clark County Combined Health Department. They are great.
- As far as my own health care, I am a Rekhi master
- Questions were redundant. You were professional.
- My daughter has a severe case of MS and so does two or three other girls that are the same age and live in the same town. Someone needs to start a program to figure out why they have MS. Is it in our water, our air, what?
- I want feedback about my specific survey. I want verbatim what we just discussed.
- I wonder why you didn't ask about cancer. I think questions should be in there asking about cancer besides just asking about breast cancer.
- I would like the information from this survey to be public: newspaper, TV, etc. Public officials should publish the information in a variety of news outlets.
- I don't get how the natural disaster section fits into the survey.
- Clark County isn't any different than any other county I guess, but I am opposed to the raises they are putting on us.
- I am a nurse and I also see that untreated high blood pressure is a big problem, especially in the African-American community.
- The answers to my questions may or may not be skewed considering I had open heart surgery April 30, 2012.
- I'm very happy this survey is being done.

- I think this was a very good thing to do, whoseever idea this was because the health department should check on how the community is doing.
- I hope that it's helpful to finding resources for people in our community.
- I think we need to find or open more homeless shelters in our area. My daughter is homeless with two children and never has anywhere to go. She's currently staying at the one in Urbana and that's the closest one that would take them.
- People can't get medical help because they can't afford it. I have to suffer when I need a new hip because I don't fall into a certain category or something. It's so unfair and I'm still walking on it after 2 years.